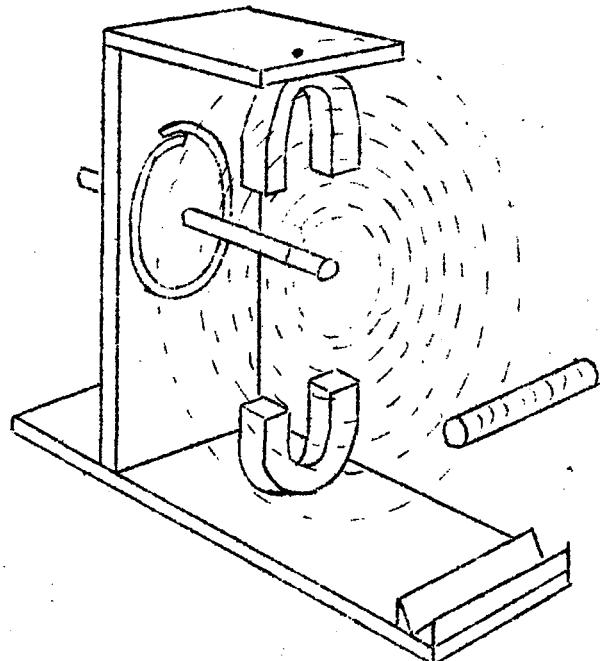


# VITIC or *Magnetic* *Vitality*



The Fascinating Story of the Positive and Beneficial Effects of the Use of Magnet, or of Magnet in Combination with the Carbon Rod, with References from:

Paracelsus  
Reichenbach  
Dr. Anton Mesmer  
The Yada di Shi'ite  
Dr. J. Horne Wilson  
Dr. A.K. Bhattacharya  
Count Walewski  
Nandor Fodor  
Dr. G. Cosman  
A.E. Baines

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## V I T I C

### The Physiological Effects Of Carbon and Magnet

Compiled by Meade Layne and Riley Crabb

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"In setting a machine to perform any mechanical action, the energy of the mind is involved; you are working in a magnetic field. . . giving free rein to the gradation of the etheric flow. . . Telepathy utilizes the same force; it is and works as a magnetic field."

Lao Tse

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BRIAN BROWN - "Dynamic Power of the Inner Mind"

A great English scientist, A.E. Baines, said: "There are at least three things which militate against a continuance of vigorous life - for prolonged periods. One is physical deterioration, as evidenced by, among other things, arterio-sclerosis; another is gradual failure of generation of nerve force, and a third a falling off in the production of certain glands which vitalize body and brain.

"We have then, to deal with deficiencies, deficient nerve force and, it may be, deficient insulation, the latter with special regard to the effective functioning of certain glands, which may receive a normal supply of energy but by reason of defective insulation fail to retain or fully utilize it. Nor is that all. The impulses which stimulate and activate our glands pass from the brain through the secretary and if they are not retained or utilized fresh demands are made upon the brain to replace the wastage.

"First of all, we require a means of generating nerve force in order to be able to supply it. For years we have heard of a new force called Odic and Psychic by Sergeant Cox and Sir William Crooks, respectively. It has been associated in the minds of most people with the occult, probably because no one has yet been able to demonstrate satisfactorily its nature, its value to humanity, or even to evolve it. The ancient Egyptians could, there is reason to believe, do so and, but for the burning of the library in Alexandria, might have been disclosed before the Christian era. My knowledge of the new force, which I have called Vitic came about in a curious way. Years of residence in Egypt had created an interest in Egyptology, an interest which, upon my returning to England, drew me not infrequently to the galleries of the British Museum.

"In the bygone days of Egypt's greatness, scientific attainment was confined to the priestly communities and they kept it from the outer and unlearned world under the veil of an elaborate symbolism. Even then it appears likely that the search for the Elixir of Life had begun. When, therefore, I noticed that a statue of one of the priests was shown holding a cylinder in each hand, my curiosity was aroused and I determined upon an investigation. That the reigning Pharaoh was similarly equipped merely suggested reasonable concession on the part of

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BAINES, A.E. "The Origin and Problem of Life". A Psycho-Physiological Study by A.E. Baines, author of Electro-Pathology and Therapeutics, Studies in Electro-Physiology, Germination and its Electrical Aspect, etc. London: Routledge & Sons, Ltd., N.Y., E.P. Dutton & Co., 1921, 97 pages.

BRIAN BROWN "The Dynamic Power of the Inner Mind", An Outline of Practical Psychology. Doubleday, Page & Co., N.Y., 1924. 316 pp. The discussion of Vitic, pp. 267-273, consists almost entirely of quotations from A.E. Baines' "Origin and Problem of Life". The book by Baines is casual and semi-popular. . .

the priesthood, and in no way negatived the supposition that the cylinders or short rods had some purpose or function of an important nature of which they were symbolical in the statuary.

"The most prominent statue, a painted limestone portrait, dates from about 3700 B.C., and is of a royal personage named An-Kheft-Ka, who is shown holding a rod in each hand, much in the manner that a runner holds corks. In my belief, as I have said, these rods were symbolical; but of what? Surely not of power; for that on the part of priestly communities would have been to court disaster at the hands of a jealous and incensed Pharaoh. What was the keynote of ancient Egyptian Character? Sensuality, perhaps; virility in greater probability; for sensuality would not so freely advertise itself. That was the conclusion to which I finally came. Diligent inquiry of the authorities at the Museum elicited the astonishing fact that nothing was known of the purpose or meaning of the rods. They had no information whatever. . .

"Years of experiment followed in the effort to discover something which when held in the hand would beneficially affect the nervous system. Finally it was found, by accident, in carbon. Hard carbon such as is used in arc lamps will give out a certain amount of force which, experience has taught us, is not to be distinguished from nerve force. But if the carbon is treated in such a manner as to cause a violent disturbance of its molecules and then specially hardened, the force evolved by it is greatly augmented, and the rod becomes a real source of power, a power that is so readily absorbed and stored by the unipolar ganglion cells that a five-minutes' charge remains effective for at least twelve hours.

"In his studies in Electro-Pathology, Dr. White Robertson, writing of my hypothesis that an electric wave is not simple but compound, says: 'That the second alternative is not far-fetched is suggested by a recent discovery of Baines, that by a special hardening process applied to ordinary arc-carbon, a 'new force' has been found to reside in the altered carbon which can be conveyed to and stored in the body for a period of several hours by simply holding these in the hand, with the result that subnormal galvanometric deflections are enormously enhanced; and already we have been able to observe gratifying changes in cases of nervous breakdown apparently by increasing the nerve charge through these new carbons. What this force is we do not as yet know, nor is it known to the eminent physicists and physiologists to whom we have demonstrated it. It is not magnetic. And if it differs from an electric charge in that it is not readily diffused, but is, as registered by the galvanometer over a period of twelve hours, stored probably in the unipolar ganglia of the nervous system. (P. 61, White Robertson: Studies in Electro-Pathology; Dutton, N.Y. 1918.)

"In an article in 'The Practitioner', in June 1914, Dr. J. Horne Wilson wrote of this discovery of mine: 'In this connection (nerve deafness), I may mention that a rod of carbon, which has its molecular condition altered in a similar way to that of iron when it is converted into a magnet, has a most remarkable effect on the body deflections. (On the galvanometer) If held in the right hand it produces an off-scale positive deflection, and an off-scale negative if held in the left hand. If held in contact with the right side of the body for five

or ten minutes, it makes the hand-to-hand deflections strongly positive, and has exactly the opposite effect if held on the left side of the body. What this force is I do not at present pretend to say, but it has a marked influence on the electrical conditions of the body, though no direct influence upon the terminals of the galvanometer. It evidently charges the body with a force akin to nerve energy, as it is retained for a much longer period than electricity is.!

"In another article, in 'The Medical Times' of July 25, 1914, the same author wrote: 'This form of energy will raise the nerve currents to normal. The rod held in the right hand acts as a stimulant without any depressing after-effect, and in the left hand as a sedative. Under its stimulating influence the nervous system is generally benefited; mental fatigue rapidly disappears, and morbid conditions such as neurasthenia, insomnia, and feeble action of the heart readily yield to it.'

"The second cylinder shown in the left hand of An-Kheft-Ka was probably of minor importance and was not of the nature of carbon, as that would have neutralized the charge. It was, I have little doubt, fashioned from a piece of magnetic iron ore. Magnetism applied to the left side of the body stimulates the heart action, but only so long as the body remains within the magnetic field. The properties of magnetic iron ore -- and perhaps these properties -- were known to the Chinese in olden times, and also to the earlier Greeks who, as likely as not, gained their knowledge from the Egyptians.

"If two rods are held, the carbon in the right hand and the permanent magnet in the left, the effect is accentuated; but while the charge imparted by the carbon endures for some twelve hours, that exerted by the magnet ceases to be operative upon relinquishment."

This account by A.E. Baines obviously leaves much to be desired. We would like to have some inkling of what his "years of experiment" consisted in, by what "accident" it was found in carbon, just how he knows that arc-carbon gives out "a certain amount of force not to be distinguished from nerve force", just what the special preliminary treatment of carbon should be, and what is meant by a "special hardening process". How does he know that this "force" is then greatly augmented and that it is "stored" by the unipolar ganglion cells. Dr. White Robertson apparently accepts these statements as factual, but gives no further information concerning them; he does, however, make the following statements apparently from his own personal investigation: (1) That "gratifying" physical changes have been noted, apparently as a result of holding the carbons (and magnet); (2) that he has demonstrated this force to other physicists and physiologists; (3) that it is not magnetic or electrical. He has no theory as to its true nature, though it is "stored up" in some way by the nervous system. Details given by Dr. J. Horne Wilson in his two articles seem to be derived from his own practice and experimental work. We have checked the quotations from A.E. Baines and Dr. White Robertson, but the issues of "The Practitioner" and "The Medical Times" have been unobtainable.

So far, the objective evidence seems to be gained from the galvanometer only. Many reports have come to the ROUND ROBIN editor, of beneficial effects similar to those described by Dr. J. Horne Wilson, said to have been experienced by persons using the rods. Obviously, suggestion may well play a powerful part in these results, and though in some cases careful attempts have been made to eliminate this, common prudence suggests that definite conclusions cannot yet be drawn. A better starting point, apparently, is to verify all over again the fact that normal and subnormal galvanometric deflections are actually increased in a notable degree by holding the rods (carbon alone, and carbon plus the permanent magnet). We should determine whether this comes from some unique property of the carbon, or whether similar results follow from holding rods of other metals, with and without the magnet. And a basic fact to be verified and reckoned with is the alleged storing of this "energy" in the body for some eight hours afterward.

Most of the foregoing material was printed in ROUND ROBIN in March 1945. The ROUND ROBIN editor also wrote it up in the Fortean Magazine, where its publication caused considerable comment. Among those interested was Mr. E.C. Krieger, an ordnance engineer of Indiana, who sent us his notes on the subject. He pointed out that his comments were intended to be suggestive only. They appeared in ROUND ROBIN for April 1945:

#### SUGGESTED LINES OF INVESTIGATION

"The following is not intended as a theory in VITIC," writes Mr. Krieger. "Rather it is presented in the hope that it may suggest lines of investigation for those who have the urge and facilities, in hope that a phrase or sentence may click in some one's mind and have a significant association with some other piece of seemingly irrelevant data

"Lacking the original literature, the identities of materials that were examined and discarded are not known, nor are the types of instruments used and the comparative results known. The latter is important because force or energy yields different effects with different materials or different instruments. A piece of wood does not noticeably respond to a magnetic field. The effect of the carbon force is measured second-handedly by the physiological responses of the human body as indicated by an electrical galvanometer. There may be other reactions released by other materials, or other mechanisms which may yield greater relative responses.

"Carbon has two crystalline forms, that of graphite and that of diamond. In the form used it is amorphous. It is also diamagnetic -- it moves away from a magnetic pole or field. Other diamagnetics are known: copper, lead, silver, mercury, gold, antimony, and most strongly bismuth. The list is not complete; for instance, blood is diamagnetic. With the exception of mercury, these elements are crystalline. A significant experiment would be, to check galvanometric readings before and after placing the right hand in a dish of mercury. There is the thought that crystalline boundaries usually inhibit the transfer of energy. Comparative checks of all these diamagnetics should be made, their amorphous forms as well.

## DIFFERENT KINDS OF ELECTRICITY?

"Paramagnetic materials move toward a magnetic pole or field: iron, aluminum, cobalt, nickel, and others. The last three are much less paramagnetic than iron; yet, by alloying, these three form a permanent magnet capable of sustaining 4,000 times its own weight, far superior to iron. By analogy, the example may be extended to diamagnetics.

"Consider this: a common force, electricity, has two entirely different effects, the nature of which depends upon the material used for its detection. But there are other forms of electricity each of which is likely to have separate responses for varying materials. A great deal of descriptive data has been accumulated about the interrelation of electricity and paramagnetic materials: motors, relays, induction and motive mechanism of all sorts. Supposing paramagnetics had not been known, only diamagnetics. Other comments are that diamagnetic copper, silver, and gold are increasingly so in the order named -- and are increasingly better electrical conductors in the same order. The resistance or 'opaqueness' of metals to electrical energy has an effect, heat. The relatively most diamagnetic, antimony and bismuth, used together with a common force, heat, have an effect, electricity! Antimony and bismuth form a very good thermocouple.

"A comparative study of the periodic table shows that though carbon and lead are in Group IV, intermediate elements silicon and tin are practically neutral, while titanium is paramagnetic. It would seem that elements have magnetic properties related horizontally and not vertically. A statement not as yet checked is that all the Group V elements, with five electrons in the outer ring, are diamagnetic. The thought is, that when a number of magnetic poles are influenced by a stronger common pole, they set up in concentric circles with a varying number in the center. There can be no more than five poles in an uncompleted outer ring, for the excess move to the center until sufficient poles are accumulated to form a complete ring with the five already in the outer ring. Magnetic poles free to move constitute a magnetic, as electric poles -- electrons -- when moving constitute an electric current. Properties of a magnetic current have been described in all electrical books, but only in relation to electronic phenomena. Properties not readily deducible from the action of electric motors and solenoids are another story. The energies of the human body register weakly on instruments designed around the use of an electric current. They may register more strongly on other instruments.

"To end: All forces and energies are essentially but different forms of one energy or force. Further, that these different forms do not have objective reality but come into being -- have an effect -- when instruments and materials designed to exhibit that effect are created." E.C.K.

Further, Mr. Krieger, after stating that in his opinion Vitic is a magnetic phenomenon, in some way or degree, gives us an important item which he does not absolutely vouch for but as "reported", quote:

"A refugee, Felix Ehrenhaft, has purportedly demonstrated the

actuality of what has ever been a merely mathematical tool -- the magnetic current as the partner of the electric current. He used a permanent magnet, made it work by simply putting the poles through a U-tube with sulphuric acid and water. Naturally, hydrogen is evolved, but more hydrogen appears in one leg than is due to chemical action, and oxygen was found mixed with the hydrogen in the other leg. And the strength of the magnet was found to have decreased -- something thought impossible. . . ."

Hard gray carbon rods can be obtained from the National Carbon Co., Clark Bldg., Pittsburgh, Penna. Such rods may easily be cut with a hack saw into lengths easy for holding. Its purity (freedom from metals) is not known at this time, and there is some reason to believe that purity rather than hardness is the factor of chief importance. Large electrical firms can often supply a type of carbon stick said to be free from copper and other metals, or nearly so. Whether this is superior to the hard gray carbon has not yet been determined. In testing by clairvoyant vision, the diameter of the rod seems to have an effect on the size and shape of the emanation, and the 1" dia. gray seems to give the most easily observable effect. The clairvoyance required for such observations is very slight. Most persons can perceive the emanation from the finger tips, against a dark background, and anyone who sees this clearly can usually see the carbon emanations also after a few trials and if light conditions are right.

Investigation along three lines is desirable: (1) A study by extended vision of ALL the varying effects, when the carbon only is held, when it is held in conjunction with the magnet, and when it is held not at all; when it is approached by the magnet without contact with the hands, etc. (2) A study of all effects registered by the galvanometer, under varying conditions. (3) A Clinical study of physical and mental effects, carefully conducted and free from effects of suggestion. This last, of course, is the eminently practical objective, since we have here a therapeutic agent of real potency and value. Experiments under this head (3) should be conducted cautiously, since some persons are over-excited nervously in holding the rods. Some form of carbon-poisoning or even malignancy is not impossible. If wakefulness and tension result (as is alleged in some cases), try changing hands on the C and magnet, or discontinue. But all apparent psycho-physical effects should be verified by the galvanometer or other apparatus if possible in the present stage of investigation.

#### PSYCHIC INVESTIGATIONS

As we believe all our Associates know, investigators of the BSRA group are always willing to employ even the most unorthodox means of research, so long as these appear informative and productive. Clairvoyant investigation has often proved extremely helpful. In addition, a long series of seances has been conducted, with a highly gifted and non-professional medium, Mark Probert. The Controls have so far (for some eight years past) shown themselves to be honest, dependable, and highly informed on scientific and philosophical matters. The subject of Vitic or Carbon Force has twice been referred to by them, and we think their remarks should be recorded here, for whatever value our

readers may attach to them. (Trance mediumship only)

#### THE METALLIC VIBRATIONS FROM VITIC

July 24, 1949. San Diego, California. Control, Yada di Dhi'ite.

"Can you tell us anything about Vitic force that comes from carbon sticks held in the hand, anything of its efficacy?" asked Foster.

"The magnet should be held in one hand, the carbon in the other," replied the Yada. "There is much to be said about it. To many this use of the carbon-magnet mixture is good; to others it is not good -- because you are attracting to your body metallic vibrations."

"Is there any way of determining whether they will be good or not?" asked Irene Probert.

"Only by the reactions of the individual. Some find it highly poisonous to the system; to others it is rejuvenating."

"What do you mean by metallic vibrations?" asked DSJ. "Do they come from the magnet?"

"Yes, they do," replied the Yada. "They come from the field of the magnet and can be drawn into the system by the use of the carbon and the magnet together."

"Do the carbon and the magnet have to be rotated?" asked DSJ.

"At times they can be rotated. I am sure you know that everything you come in contact with is throwing off a subtle emanation. Everything -- no matter what! If you have a certain chemical condition in your body that harmonizes in the field of attraction with that thing, you are going to draw these emanations into your system, and they can prove either good or bad for the body."

"Does one need any particular type of carbon?" asked Irene.

"No, as long as you get carbon as pure as possible."

Aug. 7, 1949. San Diego, California. Control, Yada di Shi'ite.

Speaking to Meade Layne. "You spoke a little while ago about the carbon and the magnet and its effects upon the body. It is an ancient usage, you know. It was once used in ancient Egypt, and it will be found, if not already, from the studies of archeologists, that it was used by the Pharaohs and in India and China. I feel, too, that to some extent it was used in Yucatan. You have right here in your country the American Indians who stem from the ancient Egyptians. It was not the Mongolian race that worked in through the North, but the Egyptians, and they are representatives or left-overs from the Atlanteans and Lemurians."

"Are the rods in the hands of Egyptian statues and paintings, carbon?" asked Meade.

"In the one hand the magnetized rod, in the other the carbon."

"Can you tell us more of this peculiar force or energy?"

"Well, for one thing," replied the Yada, "it effects the nervous system to a marked degree. It regenerates the cellular structure of the body throughout."

"Is carbon alone effective?" asked a sitter.

"No, because they have only the negative energy. For some people it is not good; for the carbon emanations get into the system and act as a stimulant too high for them, and prevents their sleeping."

"Does it make a difference whether the carbon is held in the right or the left hand?"

"In my opinion the carbon should be held in the right hand; otherwise you have too strong a drawing on the heart."

"What is the effect of the magnet?"

"The magnet is the acting force upon the cells of the body," replied the Yada. "It attracts the carbon. There is an emanation surrounding the carbon. As long as you do not enter into the magnetic field the emanation has no effect, but when you do come into that field the emanation has a strong pull. It pulls the emanation into the body. If you are holding an electric wire and have no ground, it does not make a complete circuit; so, the carbon is the 'ground' for the magnetic current."

"Then there is such a thing as a magnetic current?"

"Yes, there is a magnetic current, not electric. Your original current came about through what I call static electricity."

"Our experimental work seems to show that the carbon in the right hand gives a stimulating effect," said Meade. "In the left it gives a sedative effect. Is that correct?"

"Yes, I think so; with careful observation it will be found very beneficial to some in connection with the nerve system, just the opposite to others."

"Is the hardness or the purity of the carbon the more important?"

"The purity -- freedom from copper and other alloys. Hardening the carbon will not improve the action."

"By the bad effects do you mean malignancy?" asked Dr. Cosman.

"There is a possibility of that I presume. The nerve system is liable to take on too much of the carbon, and this cause nerve deficiency if persisted in," replied the Yada.

"Each individual case will have to be watched?" asked Meade.

"Yes, very closely."

"Is there any way we can trace the use of this factor in Egypt and elsewhere?" asked a sitter.

"If you will investigate in ancient Yucatan, among the ancient Hindus and Indians, and in China," replied the Yada, "I'm sure you will find some reference to it."

"Would it be something like the shortwave oscilloclast?"

"I do not know about that. I shall look into it. You see, I learn much from you. Life -- the spark of life itself, if it is ever discovered by your scientists, will be found to be an electrical flow, very similar to your positive and negative flow of electricity; but its difference will be found in the body, and another change will be found when it leaves the body."

"Are there any other metals or substances that will act as carbon does if held in the same way?" asked Meade.

"Not to my knowledge," replied the Yada. "I think I shall study further along these lines and see if I can find any reference to that."

"We can see the bluish-grey emanation clairvoyantly," observed Dr. Cosman.

"I want to say, and perhaps you already know it," said the Yada, "that everything you come into contact with, you absorb some of the emanation of that thing. No matter what you touch, you always absorb the emanation from it. Many people become ill with strange maladies, not knowing what can be done for them, because they do not know whence they come. Often it is from absorption of something they come into contact with."

"Isn't it true that you leave an almost permanent trace of yourself on whatever you touch? Will not my touch on this book, for instance, last as long as the book itself?"

"You are absolutely right, sir. A good psychometrist can detect it."

"How would you describe it?"

"It is both the chemical emanation -- this is going to be difficult because I do not know the terms to use -- and a part of the consciousness of the individual along with the chemical emanation. Each of you has a chemical emanation that is your own, different from any other."

"A part of one's consciousness?"

"Yes, this thing that says, 'I am I'."

"Is there a detraction from the individual or thing?" asked Dr. Cosman.

"No, sir."

"The trace of consciousness that is left is a kind of mind-stuff, so to speak?" asked Layne.

"Yes," replied the Yada. "You see, mind -- the individual impulses which each man calls his mind -- is of a nature that in some respects can be made tangible. I do not mean touchable by the fingers, but touchable by the mind of another -- by psychometry."

"Does this correspond to the AKA cord of Huna?"

"Yes. There is so much unseen activity going on around you all the time that if you decided to start the study of it -- well, I do not need to tell you it would be a job for many life-times. Everything is connected to everything else."

#### CLAIRVOYANT OBSERVATIONS OF CARBON AND MAGNET

Dr. Cosman, formerly in medical research, is by no means a professional clairvoyant but possesses a fair degree of that power, can see auras, the magnetid field around a magnet, etc. I asked him to make a few elementary observations on the carbon and magnet in Sept. 1949 and he supplied the following memoranda:

"Does the carbon stick show luminescence when not held or touched?"

"Yes, but this is probably its normal auric emanation."

"Does the aura show when held in the right hand, no magnet used?"

"Yes, a purple luminosity. The appearance is the same when the carbon is held in the left hand."

"What is the appearance of the carbon when held in the right hand and the magnet in the left?"

"The luminosity becomes flame-like in appearance. It is the same if the carbon is held in the left hand and the magnet in the right."

"What is the appearance when the carbon is applied to other parts of the body (foot, side, forehead, top of head)?"

"No particular change from the flame-like appearance."

"Change from a small to large carbon and magnet?"

"Emanation appears larger, no other change."

"Approach carbon to magnet without holding or touching?"

"When the carbon approaches to within about three inches there is an arcing effect, from the magnet to the carbon. If both are being held, the same effect occurs."

"Effects on using other diamagnetics?"

"I had only a silver baguet (rod), and this gave the same visual effect as the carbon."

Let us remember that the Inner Circle communicators asserted that the magnetic field of the magnet was drawn into the body by the carbon - that the carbon emanation was paramagnetic, though the carbon itself was diamagnetic. Obviously we need to determine the following points: (1) Is it true that the magnetic field or stress is drawn into the body by holding the carbon? (2) Does a magnetic field have any physiological effect? (3) Do any other, or all the other diamagnetics (Ph., Ag., Au., Hg., Sn., Bi.) give off paramagnetic emanations and produce a visual or other effect similar to the carbon and accentuated by holding the magnet?

Dr. J. Horne Wilson, quoted by Baines (in Brown's "Dynamic Power of the Inner Mind") asserts that "magnetism applied to the left side of the body stimulates the heart action but only so long as the body remains within the magnetic field". Is this an accepted medical fact? If so, is the effect produced via the aura and/or the etheric body? Recall that Kilner's experiments showed that the aura was distorted by the proximity of an electro-magnet. Here seems to be a link between "animal magnetism" and an ordinary magnetic field. A great deal of confusion arose at one time, in the history of mesmerism, from a virtual identification of these two types of magnetism (so to speak), but the use of the magnet was practically abandoned when it was found that its supposed effects could be reproduced by suggestion. But the fact that these effects (like those of any ordinary medication) could be so reproduced, does not prove that the actual effects of the magnet are nil.

In this connection the work of Baron Reichenbach on ODIC FORCE should be reviewed ("Reichenbach's Letters on Od and Magnetism", \$5.00 Health Research, 69 Harriet St., Modocumne Hill, Calif. 95245.) I quote a paragraph from Nandor Fodor's "Encyclopedia of Psychis Science".

"(Baron Reichenbach) observed that persons in a peculiar nervous condition saw luminous emanations from magnets and crystals in the darkness. This was confirmed by experiments with persons in perfect health. Prof. D. Enlicher of Vienna saw on the poles of an electromagnet flames 40 inches high, unsteady, exhibiting a rich play of colors, and ending in a luminous smoke, which rose to the ceiling and illuminated it. The experiments were controlled by Dr. William Gregory, Professor of Chemistry in the University of Edinburgh, and Mr. Ashburner in England. According to the sources from which the energy proceeded Reichenbach employed the nomenclature: Crystalled, electrod, photod, thermod, etc. He claimed that this peculiar force also exists in the rays of the sun and moon, in animal and human bodies, that it can be conducted to distances not yet ascertained by all solid and liquid bodies, that bodies may be charged with OD, or OD may be transferred from one body to ano-

ther. This transformation is affected (sic. effected?) by contact, but mere proximity without contact is sufficient to produce the charge, although in feebler degree. The mouth, the hands, the forehead and the occiput are the main parts of the body in which the OD manifests. Reichenbach claimed that the odic tension varies during the day, diminishes with hunger, increases after a meal and also diminishes at sunset. He insisted that the odic flame is a material something, that it can be effected (affected?) by breath or current of air, and that it exhibits a suggestive likeness to the aurora borealis. The meeting ground between Odic phenomena and psychic research is the human body." (Underscoring mine. ML.)

Fodor's long article on emanations (p. 125) should also be read carefully as part of the general background. It should not be necessary, however, to argue the case for the existence of emanations (radiations, radiant energy) from all known substances, including of course the human body, for the clairvoyant perception of them, on occasion, or their frequently observable effects, on the growth of plants and seeds, on delicate instruments employed in medical electronics, on photographic plates, on seance room phenomena, and even on specially devised apparatus such as the Nodon elecrometer for vegetable matter. (Fodor, p. 127).

It could thus be assumed a priori that there is an emanation from the carbon, but I have found no reference to the arcing of this emanation toward a magnet, or of a magnetic field toward carbon, or between carbon and any other substance. If the emanations of ALL diamagnetic substances are themselves paramagnetic, does the same reversal hold for paramagnetic substances, so that their emanations are diamagnetic? We have here some slight hints of the enormous advantages which might accrue to medical science, and to the science of physics, if trained clairvoyance were consistently employed as a means of investigation. Human beings possess in latency powers of vision which exceed that of the electron-microscope and the greatest telescopes yet constructed, and the day will perhaps come when even the physicists will recognize the importance of instruments "invented" by Nature and not by themselves.

According to Dr. Cosman's observations, the natural emanation of the carbon is increased in size and brightness when the magnet is held in the other hand; it is thus apparent that some kind of influence or magnetic current uses the body as a conductor. Whether this is a one-way directional current -- and if so, from which direction -- is not known. Experiments with the galvanometer, such as are described in the earlier pages of this memorandum, indicate that some kind of energy is stored in the body; i.e., there is an increased difference of potential and increased deflection of the galvanometer pointer. Presumably this "stored" energy (which persists for 7 to 10 hours) is the same in nature as that which produces the normal deflection when neither carbon nor magnet is used.

The field covered by the old phrase Odic Force, and by radiant energy and radiesthesia, is so vast, so subtle and complicated, that it will be easy for those of us interested in the therapeutic use of

the carbon-magnet combination to become sidetracked and hopelessly involved in other, though related, problems. The first problem, no doubt, is simply to prove (all over again) the existence of the phenomenon; and this will have to be done by instrumental means, since clairvoyant investigation is hardly a procedure which scientists regard with respect. Its physical or psycho-physical effects will also have to be demonstrated by controlled experiments and clinical experience, just as in the case of any other "new" treatment or medication. All forms of suggestion will have to be avoided -- although suggestion will be as valuable here as in any other form of healing, when or if the experimental stage of the carbon-magnet treatment is passed.

#### ADDENDUM BY MEADE LAYNE TO FIRST "VITIC" BROCHURE

Since the first compilation of the foregoing notes, a great deal of relevant material has come to hand, which deserves far more extended and competent study than the present writer can give it. But it can be said without hesitation that the data as a whole bear out the hypotheses of Baines, White Robertson and others, and of several persons quoted in the VITIC brochure; that simultaneous contact with carbon and a permanent magnet produces something resembling a flow of energy within the body -- perhaps a magnetic current which may well be a phenomenon of the aura or magnetic field of the body, and that this has distinct physiological effects which with right handling may be of great curative value.

In this connection attention is directed to the bibliography appearing in the Electronic Medical Digest, Vol. 35, No. 2 (2nd Quarter, 1951) pp.14ff, under the title "Does Alternating Low Frequency Magnetic Energy Affect Living Tissue?" This bibliography, writes the editor, covers some of the scientific experiments conducted in an effort to find the true answer to this question. A two-year experiment carried out at the American Institute of Radiation at Belmont, California, establishes the answer to be yes. This bibliography lists 27 writers with references to numerous technical magazines containing articles. These articles are by no means confined to the effect of alternating low frequency fields, but in numerous instances are concerned with the therapeutic effects of permanent magnets, on tissues, cellular growth, relief of pain and of nervous conditions, experimental tumours, growth reactions in plants, etc.

In the very brief synopses under the titles there is no indication that the effect of carbon in conjunction with permanent magnetic fields has been explored. But once the basic fact of the curative values of such fields has been established (as now seems indisputable), the way is cleared for a thorough study of the adjuvant effects of the carbon contact. It seems probable that all the effects noted as resulting from fixed magnetic fields alone, will be accelerated or enhanced when carbon is brought into the magnetic circuit.

A great deal of more remotely relevant material is to be noted in the remarkable development of radesthesia, particularly in Europe, in the expanding studies of the nature of the aura and the etheric body and in the whole field of medical electronics. And if Vitic Therapy

is ignored or rejected without examination by organized medicine, this is also true of nearly all significant developments and may be reasonably construed as a point in its favor. The Director of the Borderland Sciences Research invites the attention of the Associates to this subject matter, and shall be glad to be informed of any experimental results.

Leade Layne, Director

\* \* \*

V I T I C, Part II

Interest in Vivic, the physiological effects of carbon and magnet, lagged after Mr. Layne's initial effort in the early 1950s. It was ignored by organized medicine. Mr. Layne passed on in 1961. In 1964 the Director of BSRA obtained the design of a specific arrangement of permanent horsehoe magnets which, in conjunction with the carbon rod, made Vivic more powerful than before, a ready and abundant source of quick nervous energy! This design was suggested by an entity identifying himself as Dr. Anton Mesmer, at a seance in Pomona, California in 1960, and again in 1964. Part II of this brochure, BSRA No. 11, is made up of articles on Vivic and related material on magnetism appearing in our Round Robin Journal of Borderland Research.

*Riley Hansard Crabb*  
Riley Hansard Crabb  
Director, BSRA

## MAN, THE BIO-MAGNETIC ANIMAL

By Joseph F. Goodavage  
From "Fate" July 1964

A New York City gynecologist and cytologist, Dr. K. E. MacLean, is the first M.D. to use an electromagnetic activator in the treatment of advanced cases of cancer. So far, although he has confined his treatment strictly to those cases which are considered "hopeless," the results have been remarkable.

"Cancer cannot exist," MacLean claims, "in a strong magnetic field." The interesting side-effect of repeated exposures to magnetism, on human beings aside from its beneficial effect as a cancer treatment, is the restoration of pigmentation in the hair of many of his patients — in most cases from a silvery white to its former natural color.

Dr. MacLean's full head of hair is dark brown; he has been exposing himself to a 3600 Gauss magnetic field daily for about five years. He is tall and athletic-appearing and looks to be about 45 years old. He is 54.

His discovery could revolutionize the present concept of the aging process. For the first time, Einstein's energy-mass equation has been applied to the practice of medicine. MacLean's application of a magnetic field seems to relieve pain from any cause and to help speed the human organism's return to normalcy. He has shown it to be equally effective in treating most kinds of arthritis, rheumatism and bursitis. After five years he has not discovered a single adverse side-effect from exposure to a straight line magnetic field.

There is evidence, however, that when the human organism is exposed to two lines of powerful magnetic force intersecting at right angles, the effect can be disastrous.

Physicists and electrical engineers discovered this remarkable fact during experiments with intense magnetic fields used to energize particles in an early atomic experiment at Holyoke, Mass. According to unconfirmed reports, several technicians died as a result of exposure to two lines of magnetic force which were set up in X-cross fashion.

### BIOMAGNETIC INFLUENCE ON LIFE

From "Pendulum" June 1964: In December 1963 we sponsored Gail Woodham, 1703 Holly Oaks Lake Road West, Jacksonville, Fla., in a "Science Project", showing the effects of a common magnet on a family of white mice. Dr. Gordon of Orlando, manufacturer of Electromagnetic instruments, Dr. Rowland of the Rowland Laboratories, and myself. I prepared the basic findings and tests outlines. We together assisted Gail, whose father built the necessary equipment, and assisted Gail with this very technical project, was very proud of Gail when in the 900 entries in The Science Project, Gail's "Magnetic Effects on Life" Project came in with third prize and Honors. Prior to The Duval project, the Chairman of The Duval County Board of Public Instruction Committee of Judges wrote to me asking that I serve with the other Doctors and Professors on a Committee of Judges. I declined as I could not, I felt, as a sponsor of one of the larger projects. It would not have been right for me to be in a position of Judge, in all fairness to the other Students' Project Entries. Dr. Gordon brought a complete short motion picture here and presented a showing for Gail of how the magnet effects animals, and how it can be used in treatments. Dr. Gordon is now in charge of a program for

retarded children, and is using the Electromagnetic Treatment program to help them. Mrs. Jacqueline Kennedy, President Kennedy's fine wife, is interested in this project also. As you know the late President's early child suffered from a similar complaint. The project showed that in the south pole field of a magnet the mice were sloppy, fat, untidy and careless, and contracted complaints. In the north field they repaired the complaints were sharp, sensitive, well mannered, careful of their young and quick to learn. This may in some respects show the effects of the magnetic forces on people, and what is to be found in outer space in the space probing by man.

#### "VITIC", THE PHYSIOLOGICAL EFFECTS OF CARBON AND MAGNET

The helpful affects of magnets and magnetic fields was one of Meade Layne's earliest concerns in the borderland field. His first article on it was in Round Robin, Vol. 1, No. 3. This was later incorporated into a brochure with other material on this fascinating therapeutic subject, and with significant observations by the Inner Circle, in a BSRA brochure titled "Vitic". This is now BSRA No. 11 in our publication list and sells for 50¢. Meade learned about Vitic in reading Brian Brown's "The Dynamic Power of the Inner Mind", Doubleday, Page, N.Y., 1924, and Brown in turn picked up most of his information from A.E. Baines' "The Origin and Problem of Life", published in 1921 in London by Routledge & Sons and in New York by E.P. Dutton.

Baines was concerned with the aging process in man and especially "the gradual failure of generation of nerve force". He was an Egyptologist, too, and often visited that section of the British Museum.

"In the bygone days of Egypt's greatness," Baines writes, "scientific attainment was confined, or almost confined, to the priestly communities, and they kept it from the outer and unlearned world under the veil of an elaborate symbolism. Even then it appears likely that the search for the Elixir of Life had begun. . . When, therefore, I noticed that a statue of one of the priests was shown holding a cylinder in each hand, my curiosity was aroused and I determined upon investigation. That the reigning Pharaoh was similarly equipped merely suggested reasonable concession on the part of the priesthood, and in no way negated the supposition that the cylinders or short rods had some purpose or function of an important nature. . . Diligent enquiry of the authorities at the Museum elicited the astonishing fact that nothing was known of the purpose or meaning of the rods. . . Years of experiment followed. . . finally it was found, by accident, in carbon. Hard carbon such as is used in arc lamps will give out a certain amount of force which, experience has taught us, is not to be distinguished from nerve force. But if the carbon is treated in such a manner as to cause a violent disturbance of its molecules and then specially hardened, the force evolved by it is greatly augmented, and the rod becomes a real source of power, a power that is so readily absorbed and stored by the unipolar ganglion cells that a five-minutes charge remains effective for at least twelve hours. . .

"In an article in 'The Practitioner', in June 1914, Dr. J. Horne Wilson wrote of this discovery of mine: 'In this connection (nerve deafness), I may mention that a rod of carbon, which has its molecular condition altered in a similar way to that of iron when it is converted into

a magnet, has a most remarkable effect on the body deflections. If held in the right hand it produces an off-scale positive deflection, and an off-scale negative if held in the left hand. If held in contact with the right side of the body for five or ten minutes, it makes the hand-to-hand deflections strongly positive, and has exactly the opposite effect if held on the left side of the body. What this force is I do not at present pretend to say, but it has a marked influence on the electrical condition of the body, though no direct influence upon the terminals of the galvanometer. It evidently charges the body with a force akin to nerve energy, as it is retained for a much longer period than electricity is.

#### BOTH STIMULANT AND SEDATIVE, THE CARBON ROD

"In another article, in 'The Medical Times' of July 25, 1914, the same author wrote: 'This form of energy will raise the nerve currents to normal. The rod held in the right hand acts as a stimulant without any depressing after-effect, and in the left hand as a sedative. Under its stimulating influence the nervous system is generally benefited; mental fatigue rapidly disappears, and morbid conditions such as neurasthenia, insomnia and feeble action of the heart readily yield to it.'

"The second cylinder shown in the left hand of An-Kheft-Ka was probably of minor importance and was not of the nature of carbon, as that would have neutralized the charge. It was, I have little doubt, fashioned from a piece of magnetic iron ore. Magnetism applied to the left side of the body stimulates the heart action, but only so long as the body remains within the magnetic field. The properties of magnetic iron ore -- and perhaps these properties -- were known to the Chinese in olden times, and also to the earlier Greeks who, as likely as not, gained their knowledge from the Egyptians. If two rods are held, the carbon in the right hand and the permanent magnet in the left, the effect is accentuated; but while the charge imparted by the carbon endures for some twelve hours, that exerted by the magnet ceases to be operative upon relinquishment."

Included in the Vitic brochure are two interviews with members of the Inner Circle, through Mark Probert, in 1949. The Yada di Shi'ite affirmed that both carbon and magnet should be used, one in each hand, to complete the circuit, but his approval of its use was qualified: "To many this use of the carbon-magnetic mixture is good; to others it is not good -- because you are attracting to your body metallic vibrations. . . Some find it highly poisonous to the system; to others it is rejuvenating."

At another seance the Control was asked if carbon alone was effective? "No, because then you have only the negative energy. For some people it is not good, for the carbon emanation gets into the system and acts as a stimulant too high for them, and prevents their sleeping." He was also concerned about some people holding the carbon in the left hand because of "too strong a drawing on the heart."

"The magnet is the acting force upon the cells of the body," the

Control continued, "and it attracts the carbon. There is an emanation surrounding the carbon. As long as you do not enter into the magnetic field the carbon emanation has affect; but when you do come into that field, the emanation has a strong pull; the magnet pulls the emanation into the body. If you are holding an electric wire and have no ground, it does not make a complete circuit; so, the carbon is the 'ground' for the magnetic current."

"Then there is such a thing as a magnetic current?"

"Yes, there is a magnetic current, not electric. Your original current once came about through what I call static electricity. . . ."

#### FROM COUNT WALEWSKI'S "CAUCASIAN YOGA"

Associate Margaret Meehan kindly furnished us with these appropriate and significant quotes from the Count's rare manuscript. She was moved to offer this to us after lecturer and Associate Heather Buckley brought an improved version of a magnetic converter to the Science Fair at the Harmony Grove Labor Day Convention. More about that later. Right now let's see what Count Walewski has to say about Vitic.

"IX. L ARCANE. Recharging nervous energy. A way used in ancient Egypt for strengthening of currents of energy within the body. It was shown in the figures, using the second Master Arcane exercise. Two rods clasped in the hands of standing figures, were the grips of tremendous power, akin to electricity (secondary electricity), which when the grips were held in the hand released this energy into the body, to be stored in unipolar ganglia, and spinal fluid, raising the potential of energy 100%, and lasting for a day and a night, 24 hours.

"The rods were two in number and of different compositions. One generally to be used in the right, another in the left hand. One having the power of the Sun, another the power of the Moon.

"The Sun rod of Power is composed of hard coal (carbon) specially hardened, in which the structure of the molecules is changed the way the molecules of iron are changed when converting iron into magnesia. (To convert iron into magnesia, the structure of iron molecules is changed by re-crystallization process, hardening, then it will retain the magnetism.) The process of hardening is heating to high temperature and then instantly cooling by submerging in water. (The rods of hard coal prepared for the electric arc lamps are excellent as Sun rods of Power.)

"The hardened rod of coal can be inserted in a copper tube, with both ends open or closed. (Length of rod six inches, diameter one inch or according to the grip of the hand.)

"The Moon rod of Power is composed of hard lode stone, or pressed lode stone, (it may also be a rod of magnetized hard iron or steel -- magnesia. The Moon rod of Power can be inserted in a zinc or tin tube with both ends open or closed. (Length and diameter same as Sun rod.) The Moon grip or rod works as a kind of catalyst, to bring the Sun grip or rod into more powerful action.

## THE POWER OF AURICHALCUM

"Grips and rods of power were known and used in the most remote times," continues Walewski, "and secrets of preparation of them were known to few initiates. The mysterious metal (bronze) auricalcum has tremendous power, and is composed of five metals, each having a definite color, white, black, red, blue and yellow. It is radioactive, and in it hides the mystery of immaculate conception. Proportion of the metals is even. Then comes electron, composed of gold and silver, (40% gold and 60% silver), then a combination of silver 75% and zinc 25%; combination of copper and zinc, and also copper and tin. (Many combinations of bronze you can make figuring out planets and their relations and properties. Sun, gold; Moon, silver; Saturn, lead; Jupiter, tin; Mars, iron; Venus, copper; Mercury, mercury. Also minerals, coal, lode-stone, beryl, amber, tourmaline, rock crystal, hematite, etc. (Here text contains drawing of two figures using rods, one figure is standing with a rod in each hand, one is sitting in the Egyptian meditation position, on a chair, back erect, feet flat on floor, hands on knees, with rods on knees. MM) The Egyptian master system postures for recharging the nervous energy, one should be relaxed and following the direction of the Sun. Objects shaped in different symbolic forms are also used throughout the world, like Babylonian maies (iron with silver inlay, with horned human head and head of the bull). In Tibet is used dorgee, etc."

This is from the first and probably only edition of Count Walewski's "A System of Caucasian Yoga", Library of Congress Catalogue No. 55-11356 Copyright 1955 by The Falcon's Wing Press, Indian Hills, Colorado, all rights reserved. The 127 page book is a facsimile reproduction of the Count's handwritten manuscript, with over 150 diagrams and illustrations by the author.

The editor's preface states: "Count Stefan Colonna Walewski's outer life was that of a well-known collector and dealer in oriental art and antiquities and in anthropological curios. His shop, Esoterica, was not only a famous New York connoisseurs' landmark but the gateway of another world, in which magick, demons and talismans were as real as subways and neon signs. The Count firmly believed that he attracted these strange objects to him by a sort of higher magnetism of which he knew the workings; and his unrivalled collection seemed to prove his point.

"Few knew, however, that behind Count Walewski's constant kindness to his fellow man and his expert knowledge -- the two main facets of his external life -- there lay an intense inner life and search for life's most hidden secrets. Few knew that before the 1920s, in the Caucasus mountains (between the Black and Caspian seas, on the border between Turkey and Russia) he had been vouchsafed some of those secrets by two initiates of a rarely encountered secret society, which combined indigenous doctrines and those of yoga with teachings stemming from a mystical tradition of ancient Zoroastrianism. Walewski never saw his teachers again, and he himself assumed no personal credit for their teachings, which were merely handed on to him under oath not to reveal the source. Their instructions, received in Persian and Russian, were

transcribed in a manuscript notebook from his own notes by the Count, when he later arrived in America, coming first with a Polish diplomatic commission. The English of the transcription is halting and the orthography often incorrect as Count Walewski possessed but an imperfect knowledge of English at that time.

"However, we have considered it best to give the reader the manuscript in facsimile rather than any 'improvement' on it, which will destroy or at least vitiate its unique character. There was all the more reason so to present the work when, shortly after releasing it for publication and disposing of the manuscript to a private collector, Count Walewski passed on, leaving no one who could possibly answer all the enigmas connected with the system of development discussed in it. Neither the publisher or editor can assume any responsibility for the views hereinafter expressed nor necessarily endorse them. They are presented solely as shedding light on a little known island of ancient views preserved in the border regions between East and West and as a documentary contribution to a special field of religio-magical literature.

"The following pages are exact reproductions of the Walewski manuscript on Caucasian yoga and secret doctrine -- teachings the very existence of which was not known at large to either Europe or America. There is now less chance than ever of their even continuing to exist, as the parasitic fungus-like growth of Lenin's anti-democratic, Communist counter-revolution seeks to destroy all spiritual or religious thought within its borders. Hence the recording of these ideas, techniques, and teachings in permanent form can at least serve to prevent utter destruction and oblivion for a little-known island of human thought and investigation.

"It is worth while to feel that the Count's patient collecting and recording of rare information was not for naught, and that in these pages we also possess a tribute to a man not merely skilled in his unusual field of specialization, but a man who had a good word for all his fellows and revealed to those who were fortunate enough to know him well, a great heart."

C.A. Muses  
Colorado, 1955

#### SET YOUR MIND AT REST

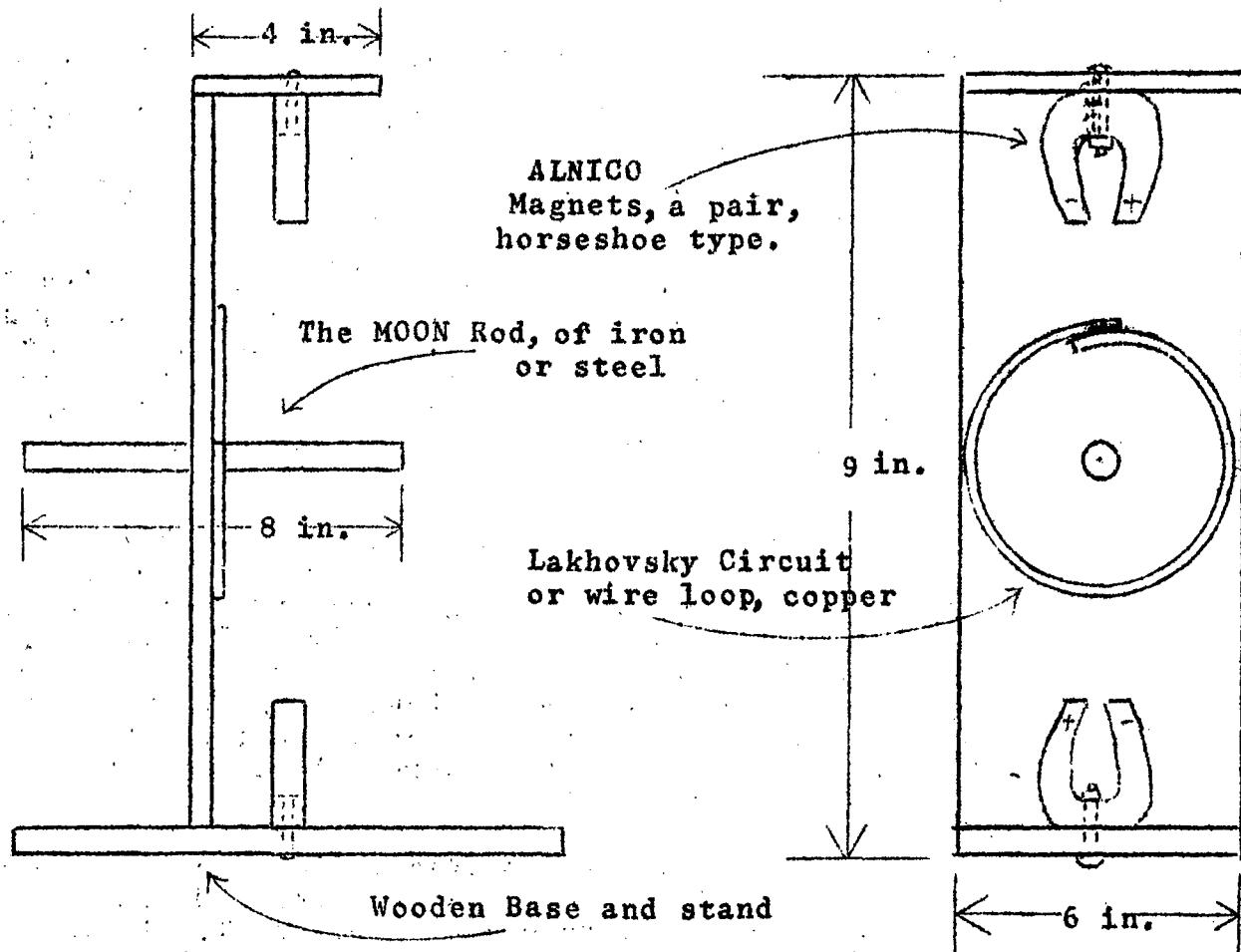
The Walewskis, the Blavatskys, the Edgar Cayces, the Max Heindels come and go but the Mysteries go on forever. Each generation of mankind can and must create its own versions of the Mysteries of existence suited to its needs. These precious documents -- and the Mysteries are priceless -- serve their purpose among the Teacher's followers and then are hoarded away or gather dust in private libraries. Regret them not when they are lost. This crystallized wisdom has little inspiration for succeeding generations. The Secret Doctrine must be continually updated; always remember that yesterday's magic is today's science! What was lost in the Caucasus mountains in the Russian revolution of 1917 is alive today in America. From the Inner Planes Walewski's initiate teachers are free to inspire their students of another day, now incarnated in American bodies in 1964! And who is going to stop them?

## THE EVER-PRESENT "INNER CIRCLE"

Our own Guides, Initiates, Adepts, Guardian Angels -- whatever you choose to call them -- can and will load us down with all the occult information we are capable of handling, and more! Open the door and the flood of Light overwhelms you. This Vitic information and the device for concentrating it in the body are a perfect example of such guidance.

It was no accident that Heather Buckley was moved to bring her borderland gadget to the Labor Day Convention. It wasn't just coincidence that Margaret Meehan told me there of her precious Walewski "manuscript" and offered to copy out the significant portions relating to Vitic and send them to your editor for inclusion in this Journal. Heather told us that details for the magnetic converter or charger came through a medium in the Pomona area, and that it was originally designed by Dr. Anton Mesmer, who held clinics in Vienna and Paris and published his first work on the effects of magnets on living organisms in 1766! However, the information through the Pomona medium did not include the use of the carbon or Sun rod to complete the circuit; for this we can thank Meade Layne and the Inner Circle.

### VITIC



## HOW TO MAKE THE "VITIC" DEVICE

The drawing on the preceding page is pretty much self-explanatory to the handyman. Your director put one together out of scrap parts in a couple of hours. The Sun Rod of hard carbon is not shown in the drawing as this is separate, though I found it handy to make a wooden trough across the front end of the wooden base to hold the carbon when not in use. Then the unit is all together.

If you have any ideas about obtaining 3600 gauss magnets for this device, better forget 'em for the time being. We priced a 3600 gauss Alnico magnet at a Los Angeles magnet company. It was over \$500! The Mesmer design suggests that the magnets be strong enough to pick up at least  $2\frac{1}{2}$  lbs. We settled on a pair that cost wholesale about \$9 each.

It may be that Alnico is the modern version of the ancient Auri-chalcum -- or blend of metals suggested in the Walewski manuscript. Alnico is made up of certain combinations of Aluminum, Nickle and Cobalt. These metals by themselves are non-magnetic, but just before World War II some genius discovered that these three metals, mixed together in powdered form, could be highly magnetized while in a molten state! And the magnetic field is permanent; it doesn't lose strength as does an ordinary iron bar or horseshoe magnet. This is why we recommend using Alnico magnets in our Vitic and they are the most expensive item.

Graphite is a harder form of carbon and may be more efficient than carbon in this specific application of building up a quick charge of "mana" or vitality in the body. Welding shops have carbon and graphite rods, also motion picture supply houses -- the carbon arc rods for the projection machines. An inch in diameter, or 3/4 in., about six inches long is a good hand size.

Remember, this is borderland research and no standards or significant body of data has been established yet. You are on your own, just as with the Multi-Wave Oscillator of Lakhovsky. The best part about Vitic, though, is that it produces no interference with radio, TV or other electronic equipment. This is a higher or different order of energy, electronic in nature but impossible to capture and measure with standard equipment.

We used pine boards for our base and stand, and chose Alnico magnets with holes drilled or cast at the top of the curve, as shown in the drawing. This made it easy to mount the magnets and it also allows them to be swiveled around to any setting for experimental purposes. The distance between the magnets and the wire loop around the Moon rod are all speculative. We know these approximations are good enough for a beginning because the dozens of people tried on it so far have almost without exception felt an increase in nerve energy within a minute or two.

Mesmer's design called for a perfect circle of bare copper wire, #12 gauge or larger, with a quarter inch gap at the top. My immediate reaction to this was an attempt to produce a one-loop coil, similar to the Lakhovsky belt, and for the same purpose, to set up oscillations in

the magnetic field. The need for oscillating or pulsed current in body chemistry was established 40 years ago by Dr. Abrams. So we use heavy insulated copper wire and overlap it about an inch, thus creating a true coil. It doesn't really matter if the wire is steel or copper, bare or insulated, but if the ends touch and are uninsulated, this shorts out the coil and makes it useless.

#### THE MOON ROD

Walewski's instructions call for an iron rod covered with copper. This combination isn't likely to be commercial available, at least it wasn't at the steel supply companies in Los Angeles. They suggested having steel rod copper plated, which doesn't come cheap. 3/4 in. cold-rolled steel rod can be purchased at machine shops and hardware stores, also copper tubing large enough to slide the rod in. Another way is to paint the steel rod with a couple of coats of copper or bronze paint. This is what I've done. Mesmer also suggested copper-covered iron rod.

#### HOW TO USE "VITIC"

Individual human needs are so different and varied that no predictions or authoritative instructions as to most effective use can be given. Some people are in such a condition or are so sensitive to this magnetic-carbon energy that they react to it as soon as they are in circuit. At the Labor Day convention one woman was on crutches because of a leg injury from an automobile accident. Her right knee was in pain. She told us that as soon as she put her hand on the Moon Rod of Heather Buckley's gadget, the pain in her knee disappeared. The pain returned soon after she took her hand off. Heather didn't have the Sun Rod of carbon to complete the circuit, even, or it probably would have been more effective.

It is most likely that you should sit or lay in as relaxed a condition as possible while in circuit. If nothing else, you'll be more aware of the subtle energy as it flows in through your hands and wrists. Sit comfortably on a sofa with the magnet stand close beside you so one hand can rest comfortably on the Moon Rod. Let the other hand lay on your lap or thigh with the Sun Rod held loosely -- so there is as little tension as possible. Take your mind off of what you are doing by watching TV, talking to friends or reading. If you were tired before getting in circuit, after a few moments you'll realize that much of the tiredness seems magically gone. This has been my experience and that of others. So Vitic does seem to be a ready, potent and inexhaustible source of vitality or mana.

This nerve energy derived from magnet and carbon seems to be a balancing force. A BSRAssociate with years of experience in radionics built one of these Vitics and experimented on friends. He took readings on them and discovered various chronic conditions. To his surprise, when he put each subject in circuit with Vitic the condition seemingly disappeared! At least he could get no resistance to his finger on the rubbing plate. This meant a zero or neutral reading for that condition at that time. And another thing, if you experiment with this before going to bed, dont be surprised if you get so charged up with vitality you can't sleep. That was our experience the first few nights.

METER READINGS ON "VITIC".

Our first opportunity to make some measurement of the effects of Vitic occurred at our BSRA Workshop in Los Angeles, Oct. 2, 1964 at the Hermetic Science Center, 138 N Manhattan Place. Mrs. Eleanore Person had been given a Mathison Electro-Psychometer, a highly sensitive galvanometer which registers minute voltage changes in the human body. We had no way of measuring the magnetic output of the Vitic device but We should be able to show a difference -- before and after -- with this.

I set the instrument on the "B" Scale and took a reading on each person as they came into our Faraday Cage Workshop. Then each was put in circuit with Vitic and another reading taken. Of the 14 measured or tested, eight showed a change on the Falling scale and six showed a change on the Rising scale. The first figure after the name is the "Before Charge" reading; the second is the "After Charge" with Vitic:

FALLING	BC	AC	RISING	BC	AC
Agnes Underwood	2.01	2.00	Florance Verrico	2.45	2.58
Eleanore Person	2.50	2.20	Jack Waer	2.00	2.16
Riley Crabb	2.32	2.10	Rose Lundquist	2.10	2.20
Lydia Howard	2.05	2.01	Bertha Sale	2.40	2.69
Rene Person	2.375	2.30	Oliver Howard	2.03	2.05
Reio Nagel	2.30	2.20	J. Berlanga	2.075	2.15
Mr. Jonasson	2.50	2.20			
Mrs. Jonasson	2.325	2.19			

The fact that Dr. J. Horne Wilson, in his experiments with carbon in 1914, got right or left readings which went off-scale, indicates that he was using a much more sensitive instrument than we were. Our tests that Friday night did seem to verify Dr. Wilson's report of 50 years ago and the Psychometer readings tend to support what almost everyone reported, that they felt some physical reaction after being put in circuit with Vitic.

We hope that many of the Associates will take up this new border-land research tool with enthusiasm and start testing themselves and those of their friends who are willing to be "guinea pigs" in the search for Truth in this area. Reports will be published in the Journal. Heather Buckley has promised us a transcript of the Seance where Dr. Anton Mesmer came through to describe his device. This will be in the November-December Journal.

For those of you who want to take part in this Vitic project, and who cannot spare the time and trouble to locate the necessary parts, we'll assemble them all in kit form for you, post and tax paid for \$30.00. This will include the three pieces of the wooden stand, the Lakhevsky circuit, the necessary nails and bolts, a steel Moon Rod, a carbon Sun Rod, and a pair of horseshoe Alnico magnets of the necessary strength, and also a copy of the diagram on page 25 to guide you in assembling it.

Just keep us posted on the results of your experiments.

A MACHINE OR CONTRAPTION  
FOR GENERATING VITIC

From Dr. Anton Mesmer

A hundred years ago Mesmerism was a term common to the vocabulary of every student of metaphysics. It derived from this famous doctor's researches into the illusory land of ectoplasm, mana, prana, electro-magnetic nerve energy or whatever you choose to call it. Dr. Mesmer called it animal-magnetism, thus adding another term to the dictionary of occult science. We say this because orthodox medical science of Dr. Mesmer's day in Vienna and Paris crucified him, just as they've crucified every other pioneer in their sacrosanct field.

As a practicing physician in Vienna of the 1760s, Dr. Mesmer maintained some hold on physical reality by developing and using magnetic contraptions of the kind hereinafter described. He and his patients were convinced of their therapeutic value, even if his fellow practitioners were not! But when he removed to Paris in 1778, the abracadabra of ceremonial magic seems to have been added to his clinical routine. This could have only aroused the most violent antagonism from his colleagues and the authorities and he was charged with being a fraud and a charlatan. Even Benjamin Franklin, in France at the time as a representative of the United States government, was a member of the official commission which reported unfavorably on Mesmer's researches. There is no doubt in your editor's mind that Anton Mesmer was a member of the Lodge of the Western Mystery Tradition and that he was sent out by the Lodge to shed new light on the problem of health and disease in the Europe of his day.

Follows now the transcript of a seance held in the home of Associate Doris Heather Buckley, Sept. 9, 1964. Medium is Dan Buckley, her husband.

"Anton Mesmer coming to you at the request of the Council of the Essenes. I greet you with the Essene greeting: Love, Understanding and Freedom. Let me say to begin with, I have plenty of time, aeons, but there is not anywhere near enough time for you to listen to all that I have to say.

"I will divide my lesson into two parts. The first will be with vibrations around you, magnetism and other similar terms. The second part, it has been requested by the woman, Doris, to re-explain the machine or contraption that I gave to this channel.

"Now as to the first. In my lifetime upon your Earth I went too far and I did not go far enough. If I had but taken a few more steps I would have been believed, but I limited magnetism and magnetism is unlimited. The vibration of light, the vibration of your electric

light, that is magnetism; but a purer magnetism, a purer light is from candles. A flame is the source of all light.

#### THERE IS ALWAYS FIRE

"In the beginning when there was only God and He started creating, or expanding His power, the sun was first and it was a ball of fire; and from it all else emanated; and so it is in your old religions. There is always fire.

"You speak many times of pagan religions and yet they are worshiping God. Christians seek differences, not assimilation or similitude. You derive benefits from lighting candles; naturally you must take precautions the same as you must take precautions with pure magnetism. Were you, who are not versed in magnetism, to use electro-magnets, you would cause far more harm to yourselves and to those about you than good. Rather, it would be an accident if some good came of it! But there is definite good in electro-magnets when used in the hands of a scientist dedicated to God. He can create benefits to health.

"Colors are only an extension of light. Use colored glass in front of candles. I have found that one of you seems more naturally equipped to assimilate this than any of the others, because I do not hold with the theory of the Essenes of certain colors for certain things. I hold certain colors for certain beings. You are all beings, your animals that are pets are beings, your pests, bugs, lizards, things that are abhorrent to you are beings. In order to rid yourself of them you use certain colors, and in order to heal yourself or your pets or to bring about some good you use certain other colors. One of you, this channel and his wife, have found that the colors explained by the Essenes fit them perfectly.

"I do not seek to differ or argue with the Essenes, but I find that other colors would fit others of you far better. Experiment, slightly, easily. If you find that your being is not responding to a certain color within, what you call a short time, a minute, an hour, a day or a week -- all of those are short times -- then try another color and keep trying.

"I ask -- because it is becoming more difficult for me to control this channel -- I ask that you allow him a respite and I will return to give further information on this first part of this lesson.

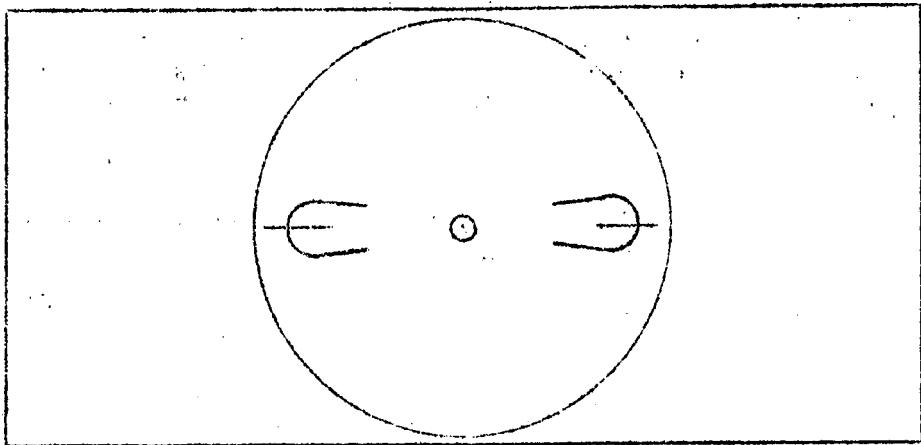
\* \* \*

"Anton Mesmer returning. I have said enough about light and candle. Let me but add this, when you gather in these meetings it would be wise if you would light candles, three or more and always an odd number.

"Now, to begin, each of you vibrates to the other. You who are gathered here vibrate harmoniously. Do not misunderstand me. Each of you can be inharmonious with each other of you; but as you gather together you vibrate harmoniously; but none of your inharmonious moments are of long duration. Remember that you are not antagonistic to one another, rather are you seeking to dominate one another. Cease this as

soon as you can. Enough on that particular phase.

MESMER DESIGN FOR VITIC



"The mounting board preferably of oak wood, two horseshoe magnets of sufficient strength to lift  $2\frac{1}{2}$  lbs., the wire loop of #12 copper wire or heavier, the steel rod in the center is  $3/4$  in. in diameter. Magnets are to be placed in slots so they can be moved toward or away from the steel rod. They should also be pivoted so the North and South poles can be set so as to attract or repel, as indicated by the polarity of the receiver or subject. Distance of the magnets from the steel rod to be adjusted for greatest benefit to receiver. It is suggested that the birthstone of the receiver be attached to the end of the steel rod with putty or clay. Experiment will show best results."

Mesmer gave no dimensions for his design. The size of the mounting board will be determined to some extent by the size of the pair of horseshoe magnets used. Perhaps these should be bought first. There are several obvious differences here from the design given in the October Journal. There is no break or overlapping in the copper wire loop shown above but we feel this is essential for the pulsed or oscillating effect of a wire coil, a basic electronic device. We believe the Lakhovsky circuit will give the multiple magnetic field rhythmic oscillations which make it much more effective than a simple magnet. Because it is alternating, from positive to negative and back again, millions of times a second, it doesn't matter which hand holds the steel rod. I believe this is an alternating current circuit of magnetic energy.

In the above material there is no hint by Dr. Mesmer of the need for a carbon rod to complete or augment the circuit. Either he didn't know about it, or felt that it was not important. We believe that the use of a carbon rod for the other hand is highly important and do use it. Both the Sun and the Moon are important to life on this earth, and in this body! Neither is it suggested that the steel rod be covered with copper or some other diamagnetic material. This covering probably

helps to contain the charge in the steel.

You will note that Mesmer's wire loop is outside the magnets, rather than inside them as in our design. Which arrangement is most effective remains to be proven and we'll welcome the reports of Associates who take part in Project Vitic. We know our design works. Five minutes in circuit with carbon and magnetically charged rod gives the nerves a charge of mana which lasts for hours. Most people whom we've tested have reported favorable results. Some report no reaction whatever. For these a rearrangement of the components may be necessary. This is why the Vitic device should be made adjustable.

#### BIRTHSTONES

Here is a list of birthstones as adopted by the American National Retail Jewelers' Association years ago.

January	-- Garnet	July	-- Ruby
February	- Amethyst	August	- Moonstone
March	- Bloodstone or Aquamarine	September	- Sapphire
April	- Diamond	October	- Opal or Tourmaline
May	- Emerald	November	- Topaz
June	- Pearl or Moonstone	December	- Turquoise or Lapis Lazuli

#### CONCLUSION OF THE SEPT. 9 SEANCE

"As you leave here," continued Dr. Mesmer, "and mingle with other beings your immediate reaction is one of harmony or disharmony. If it is harmony, so be it, things are going good for you. If it is disharmony, understand this, within you there is a switch the same as you have an electric switch in your house. You can turn this off so the disharmony is gone and you are shielded. There is no reaction. If this person is a superior who has a right to order, to command, you can accept the command impassively; but if you do not turn the switch off there is a definite ill effect to you, yourself. I repeat that, you yourself, the inner you.

"Most of you here are constructed so philosophically that you will get along with other people. You have that magnetic quality. You have earned this magnetic quality to assimilate with other people; but there are people who will antagonize you, so remember this particularly, turn your switch off, be impassive, phlegmatic. Do not let yourself give way to your magnetic emotions. Experiment with your light rays, with colored flames, to learn control of your magnetic self. If you digest this it will be ample for this lesson. I leave you now in understanding and in freedom, and bring the blessings of the Council of the Essenes to you and to each of you.

Anton Mesmer

\* \* \*

Madam: This is Abraham Lincoln coming through this channel to you. We both, Stephen Douglas and myself, are here together; for we are no longer

enemies. There is no enmity in this land nor should there be in yours. We were honest men and held honest opinions and had honest differences and now that we are in the Light we have resolved them. It is possible that you who are in the mortal flesh can resolve your differences, can come to brotherhood, can respect the honest differences that you have between one another without enmity. Stephen Douglas and I still have our differences, but we are united in brotherhood. Oh! If you bear any love toward me, work for that in your personal life. But first we must repair our own fences before we seek to help our neighbors. I respect you madam and leave you in love."

\* \* \*

"A No One, an insignificant No One. A name that would not be recognized by any but my immediate family and none of you are even remotely related to me; and yet I lived and died in three wars, lived and died for liberty and justice. And so I will return in time for the next and the next and the next; for that is my mission until you who are left will learn by millions upon millions of death in agony. How many wars will it take? Oh! If you could see and feel how futile it is to be born to die for a cause that you know is lost. If you could but learn so that I could return to be no longer a non-entity, to live my life to its most beautiful fruition. Oh God!" End of Sept. 9, 1964 seance.

\* \* \*

#### THE AURAMETER AND VITIC

Meade Layne's introduction to Part V of BSRA publication #14, "The Cameron Aurameter": "The objective evidence for the existence of Vitic energy or force consists in the fact that normal galvanometric readings are greatly increased by holding the permanent magnet and the carbon stick (the pair) for a few minutes. Explicitly, if the experimenter puts the thumb or forefinger of each hand on a terminal of an Edison galvanometer, there will be anormal deflection of say four points. If then he holds "the pair" for a few minutes, one in each hand, and after putting them down again tries the galvanometer, the deflection of the pointer will usually show an increase of three to six points. This effect usually persists for six to eight hours, sometimes much longer. The alteration in the reading is not always found, especially if the nervous energy of the experimenter is at high level, and not lowered by fatigue. Apparently, however, in most cases something akin to nerve energy or vitality is received and stored in the nerve ganglia. The actual verification of this effect, by properly conducted experiments, is a somewhat tricky matter. The original discovery, however, was made by medical men of good standing shortly prior to 1914 and discussed in the Medical Times and other journals. It then passed into the discard, probably because of its elusive character, or because of a faint taint of the mysterious and occult from the connection with ancient Egyptian sources. But another source of verification besides the galvanometer had now appeared in the aurameter -- which, however, is itself under intensive study. This is the kind of situation in which Borderland investigators often find themselves, where firm footholds are difficult to find, and yet the data involved are far too important to be neglected. ."

"The Cameron Aurameter" is 78 packed pages of Borderland research, with pix of Meade Layne, Vern Cameron, Max Long, Crabb and the Yada -- \$2.00.

## HE'S SOLD ON VITIC

"Enclosed is \$2 cash for a copy of BSRA 10-K and 'An Attempt at Cosmic Mediumship'. Wasn't prepared to be 'tested' at the Los Angeles meeting as I just came by to say hello to you both. Please let me know where I can buy the Carbon and Magnet for Vitic which I tried while at your Workshop. I could not sleep that night."

Jack Waer  
Las Vegas, Nevada

Glad to know you are interested in setting up your own research program on Vitic, Jack; if you have any significant results let us know so we can share them with the Associates. The Vitic device we used that night and are now selling to Associates at \$30 per unit is more powerful than our first model. These magnets can be bought from Permag Pacific Corp., 6178 W. Jefferson Blvd., Los Angeles 16, Calif. They are 3 in. wide, 2 in. high and weigh almost 3/4 lb. These are permanent Alnico V magnets with a unit price of \$12.90 each. The General Electric part No. is 5U43b. Indiana General Magnet No. is CU-508. pulling power is 48 lb. Carbon rod is bought from Victor Welding Equipment Co., 3821 S. Santa Fe, Vernon, Calif., 1 in. diameter and a foot long for 96¢. We buy our 3/4 in. iron rod (cold rolled steel) from the local hardware store, 36 in. for \$2.15, and hacksaw into 9 in. lengths. Your hardware store or electric shop should also have the heavy, white insulated #12 copper wire for the Lakhovsky loop. We form our loops around an old-style, 1 lb. coffee can. A copper covering on the iron Moon rod may be more effective than the coating of bronze paint we give it, but our Vitic device is so effective in charging the body with Mana or vitality in two or three minutes that we see no need to change our design at present.

Associate A. Goeke of Redmond, Washington writes to say that he has been using Sears-Roebuck "Craftsman" magnets in his healing work, and these are much cheaper than the General Electric Alnico V's we are using. We have no way of knowing that the Sears magnets (probably cast in England) are as permanent or durable as the GEs but if you want us to make a Vitic with Sears magnets of about the same size we'll put one together for \$25, post and tax paid. Sears magnet No. 40342, of 1 lb. weight and 54 lbs. pulling power, 3 in. wide and  $2\frac{1}{2}$  in. high and 3/4 in. between poles, costs \$5.45, according to Goeke. Associate Wing Anderson reminds us that the burnt out carbons from the arc lights of 35mm motion picture projection machines, several inches long, would make good carbon "grounds" for the Vitic circuit. Graphite rods, a denser, harder form of carbon, may be even better. We used a  $1\frac{1}{2}$  in., one-foot piece of graphite rod for a ground at a recent BSRA Los Angeles Workshop gathering. 12 of us sat in a circle, all holding hands but two, thus forming a Lakhovsky open loop or circuit. These two were the contacts for a Vitic, carbon-magnet circuit. One held the graphite Sun rod in his free right hand. The other held the magnetic Moon rod in his free left hand. The irresistible surges of energy racing around the circuit could be easily felt by all. Arms, legs, torsos tingled with new vitality in a couple of minutes and the charge kept us all keyed up for study the rest of the evening!

## WHAT IS MANA?

By Max Freedom Long

Condensed from his "Huna Vistas"  
bulletin for November 1964

"Science" contends that there is no such thing and has no classification for "life force", either as a physical force or a mental one. As to there being a special nervous force which makes Mesmerism or Hypnosis effective. This, according to scientists, is foolishness. To them all is suggestion, but they do not attempt to tell the difference between the suggestion that demonstrates its effectiveness only when the subject sees fit to accept it; and the command suggestion of the hypnotist which his conditioned subject cannot refuse to accept and obey.

In the matter of there being a possible "spiritual power" -- our High Mana -- all is vast and scientific silence. However, the Physiologist recognizes the fact that all living things must have a form of life energy, regardless of what it is or how it is come by. The plant has to have its variety of the life force, but seems to make it with scant use of the oxygen in the air. The aquatic forms of life draw oxygen from water unless they rise to the surface of the water periodical to breathe air -- which is a much richer source of oxygen.

The prana of India is a little more complete as a concept than the scientific one which we have just listed. But while Huna looks upon mana as a basic life force which is manufactured in the organism from food elements which it can utilize, the Indians taught that the force was drawn in from the blanketing "cosmic life force", stored in the etheric double, with its chief center being in the breast. The word, prana, is Sanskrit and means "breath". (I am quoting Powis Hould in his "Dictionary of Theosophical terms".) Because prana means "breath", it is probable that it was so named because of the connection between accumulating mana and the HA Rite of breathing introduced by migrating kahunas. It may also be quite possible that the Sanskrit-speaking sages of India rejected the use of the kahunas' word, "mana", because in their language it meant "To measure, or a measuring with the mind or by physical means". The same word as "manas" meant "mind". . . so the word for "breath" was selected.

It is interesting to compare the basic word meanings in Sanskrit with those in the language of the kahunas. Mana meant only "a force", be it ordinary physical or ordinary mental or even supernatural force. But the Polynesian word for "breath" contained the same general implications as in Sanskrit. It was ha-nu, in which ha is "to breathe hard, and the number four", while nu has as one of its several meanings, that of "to think". (This balances nicely the Sanskrit if we combine prana and manas.) But the "sacred language" of the kahunas did not stop there

with its careful symbology and code meanings. "Breath" was also aho, which means "a cord", and which immediately reminds us of the aka cord over which mana, once accumulated, is sent to the High Self in the use of the Ha Rite of prayer. An odd secondary meaning of aho is, "It is easier; it is better." In this we can see the belief that to use the

#### IMPORTANCE OF RHYTHMIC BREATH

In this we can see the belief that to use the Ha Rite and get the help of the High Self was easier and better than to work alone as a middle and low self pair. A third word for "breath", ea, was most significant as it had a variety of meanings which coded the sending of mana to the High Self. The chief ones of the code meanings were: (1) To call or to answer to a call, coding the contact we make with the High Self in the Ha Rite. (2) To lift up; to rise, as water. This codes the lifting up of mana, its symbol being water. (3) Dust raised by wind. Here we have the thought-forms of the prayer symbolized as particles of dust, and the breath as the wind -- these giving us the sending of the prayer to the High Self through the use of the "wind" as the "strong breathing" of the Ha Rite. Hana mana, in Hawaiian is "make mana", and in hana we have the prime root indicating in the ha the use of breathing strongly, four times, then, as indicated by the root na, to become "quieted" or momentarily passive, when we apply this meaning to the rhythmic taking of four breaths to aid in accumulating a surcharge of mana.

Another significant meaning is to be found in hoo-mana or "to cause mana", and this is "to worship". This, of course, is not just accumulating mana. It is also the sending of the mana to the High Self.

In its nature, mana resembles in its action the static electricity which can be accumulated in various ways and stored in various substances. But it acts in a quite different way. It seems not to be polarized or to leap, as does the static charge from the more charged substance to the less to balance energy. Mana acts as if it contained the ingredient of intelligence. It leaps or flows only when the command of mind is given. It appears also to be involved in the handling of the clusters of thought-forms, as in hypnosis -- a process in which the mana of the operator is sent to the subject, carrying thought-forms embodying the suggestion. In some ways these thought-forms of suggestion seem to be able to take and retain a charge of mana with a higher potency, causing the low self of the subject to react to the suggestion. The iron in the composition of the blood, and the fact that it picks up the oxygen from the air in the lungs and carries it along to burn the blood sugar present also in the blood, hints that mana may have some relationship to magnetism -- in the latter a stationary magnetic field being formed and remaining fixed unless acted upon by some other substantial object to disturb the field.

#### ARTIFICIAL MANA FROM VITIC

In our search for a way to make artificial mana, the holding of a magnet in the hand has been popular from ancient times. In modern times there came the idea of holding a magnet in one hand and a rod of hardened carbon in the other, the supposition being that a force would be

generated and stored in the body. The force was given the name VITIC, and in the old HRA Bulletins of late 1951, Nos. 64 and 65, Vitic was noted and discussed after Meade Layne had opened the subject in his Round Robin releases.

Mana, as "od" had long been known in psychical research circles, and Reichenbach had experimented with it for some time, his prize demonstration of the lines of the force being in showing that a certain entranced medium could lift objects such as scissors from the table without actually touching them. A considerable time later, Brian Brown, in his book, "Dynamic Power of the Inner Mind", wrote about the possibility that the ancient Egyptians had made vital force artificially. He told of the portraits of Egyptian priests and rulers, painted on the walls of tombs and showing that they held a round rod of something in each hand. He guessed that one rod was of magnetic rock or even of magnetized iron, and the other carbon, perhaps of hard coal. . .

#### GENERATING VITALITY WITH A GADGET

You will recall that Nicola Tesla, the electrical genius, whose P. A. reading shows that he was overshadowed and informed by a good spirit of high intelligence brought through some most valuable electrical inventions. In a similar way, one of the BSRA members, who is mediumistic recently got the help of a spirit who claims to be none other than Mesmer, famous for his work with mesmerism, and a gentleman who, during life, depended greatly on magnets and magnetism in generating the mesmeric force which he used -- or thought he was using. This spirit communicator gave instructions for constructing a new form of "vitic" making instrument, and a few evenings ago, Riley Crabb with his wife, Judy (whom all of you who know their work have come to look upon as a proper occultist in her own right), brought up a model recently built of the new instrument. It is rather simple and has a 6 inch circle of insulated wire mounted on a board with the ends of the wire slightly overlapping. Coming through a hole in the board at the center of the circle and protruding four inches at right angles to the circle, is a rod of iron painted with bronze paint. From shelves above and below the edge of the wire circle stick out alnico magnets, one above the iron rod and one below, their poles set so that they would attract each other. Then there is a six inch rod of hard carbon about an inch thick. To use the outfit one stands beside the instrument, relaxes, and takes hold of the iron rod with the left hand while holding the carbon rod in the right. Not facing the wire circle, but sidewise to it.

Our project for the evening was to test the instrument to see if it would increase one's natural charge of mana as measured by the pendulum. I measured the charge of one of the ladies present, and it caused my pendulum to swing in a normal 3 inch clockwise circle above her right palm. She then grasped the iron rod of the instrument with her left hand and held the carbon in her right -- for about a minute -- after which time she let go the instrument and I tested again with my pendulum, this time finding that it increased the size of its circle to almost double, indicating a much greater mana charge, provided my low self was measuring mana and reporting it. This was most convincing and exciting. I then tested my own charge and took my turn on the instrument, finding my nor-

mal charge also decidedly increased. Following that I tried accumulating mana in the regular way with a few deeper breaths, and again tested and found the charge large. With this large charge on board, I turned and stood facing the wire circle of the instrument, its iron rod aimed at my solar plexus. In a moment the charge vanished and measured well below my normal, leaving me to wonder what had become of it.

I next tested with the pendulum to see what might be registered at different points on the instrument, and found that just beyond the plane of the magnets, and testing at a position facing the wire circle, I got at the right of the circle a strong clockwise pendulum swing. At the left, I got a similar swing but counterclockwise. At the top of the circle the pendulum swung back and forth between my body and the wire, while at the bottom the swing changed to a sidewise swing. In front of the iron rod and over the carbon stick lying on the lower shelf of the instrument, the pendulum made no movement and I judged that at those points things were negative.

This is very new and exciting because it seems to offer a mechanical way by which one can get a mana surcharge -- if it IS mana. Whatever it is, I am all for trying to find out more about it and for getting from the use of the instrument as much aid or information as possible. Up to this point the interest in BSRA circles has largely been confined to the healing possibilities, first of the Lakhovsky Multi-Wave Oscillator instrument and now of the new Vitic Instrument. . . To date, Riley tells me, some have had health benefits and some have not. The same can already be said of the Vitic Instrument and its periodic use. As a side effect, the MWO outfit seems to drive out eating companions. If this turns out to be a reliable remedy for this serious trouble (obsessing entities, RC.), I will be ready to stand up and cheer at the top of my voice. . . (BSRA brochures on Vitic and the Lakhovsky MWO are available at a dollar each, post and tax paid, from BSRA headquarters.)

#### TO GET BACK TO THE HA RITE

And the four-breath rhythm matter, may I say that in my own tests the steady rhythm is good and fits in with what I have always done, but when I try to count and to think about the significance of the four numbers in Hawaiian, my low self forgets the job of collecting a mana surcharge. My tentative conclusion is that the rhythm is the important thing and that perhaps the breaths might well be taken in series, four to a set.

HRA Ann Ober, of California writes: "I have been breathing experimentally to see if four breaths are superior or not to previous methods of accumulating mana which I have tried. I have tried everything from taking fifteen breaths to taking only two, to see if I could establish some kind of a norm. I find that a posture of merely standing with my hands at my sides, relaxedly, before an open window, and taking four to six breaths is as effective as anything I have yet tried for accumulation. In addition, I find that if I hold each breath after a full inhalation for just a 'graceful pause', or perhaps to the count of no more than three, a good feeling of well-being accompanies the function which may add to the amount of mana on hand. In fact, I have found that if I

have that 'wilted on the vine' feeling that often happens in this hot weather, the above procedure will revive me promptly for another go at any activity I might have on tap. If I have a long Huna prayer session, I find that a pause to re-charge with mana in the middle of the prayer is often needed in spite of the precautions that I have taken beforehand, but the 4 to 6 breaths are as effective for me as taking more breaths seems to be. There seems to be an upper limit of effectiveness." (And I would add, perhaps to ones capacity to take and store mana in the aka body. mfl.)

#### FOUR-COUNT BREATHING

It may be that the FOUR angle on breathing is related to other things which we find indicated in the occult literature of past and present. The four directions were given much attention in ancient times, and the directions of up and down seem to have been reserved for heaven and hell. In astrology the four quarters of the year were important and were well marked on the horoscopic charts. In Holy Church one crosses oneself and this again covers the four cardinal points. Add the circle to the cross and we may have our Vitic Instrument with its four different energy indications at the four sides. It is interesting to speculate on how much may have been discovered in ancient times and then forgotten -- only to be rediscovered in bits.

\* \* \*

We are grateful to Mr. Long for releasing his pendulum analysis of Vitic, to add to our little store of knowledge about this new-old way of generating extra vitality; and that four-fold, rhythmic breathing was an important part of the Ha Rite of the Kahunas. Here is more comment on rhythmic breathing from Sister Theresa Vandenberg, in bSRA 8-D, member of the Inner Circle talking through Mark Probert in San Diego:

"The 'giving of the Holy Ghost' -- I think you will find that in many occult teachings the Masters or Adepts of these teachings have a way of giving the power of themselves to those whom they accept as disciples. Dr. Layne, in the teachings of Hhna, the Masters of Huna can bestow the power of walking on fire to their followers, can they not? It is giving a part of their High Self to that of another. It is an awakening of the other's High Self. So you see, I know a little of Huna."

"This corresponds to the vital energy of the High Self?" asked Meade.

"Yes, and the way to revitalize that energy is by the proper attention to breath. Breath is life, and in your moments of meditation, I have learned, breathing is one of the roads to the golden knowledge. It stimulates the brain and frees it from toxic poisons."

"You mean a rhythmic breathing?" asked Meade.

"Yes."

"Counting and holding the breath?"

"Yes. Holding the finger to the nostril, breathing through one, then the other, exhaling from opposite sides alternately, is a good way; you are thereby producing a mental state of positive and negative."

## EXPERIMENTS WITH CARBON ROD AND MAGNET

By A. Goeke

I was experimenting with magnets before I ever heard of Vitic, but since adding the carbon rod I get better results. When I attempt to analyze anyone I use a pendulum, to check their polarity. I sometimes find both sides of the body negative, or both sides positive, or reversed, or the entire body neutral.

I have proven many times that when polarity is incorrect that neither blood nor nerve force flow properly. Correct the polarity and the effected part warms up. It goes without saying that any time blood flow and nerve force are less than par, metabolism is also below par and we start to die in that part to the degree of interference. I have been correcting polarity by laying on of hands for years and could tell of some very interesting cases. The Multi-Wave Oscillator will also change polarity back to normal except where there is some local interference. Now I find that the carbon and magnet will also do it. This is how I set up an experiment.

I have the subject lie down and hold the carbon rod in his hand, on the side we are working on. I use one magnet on a six-inch string, as a pendulum. If there is work to be done it will gyrate in a circle. When it does, I hold the magnet there, suspended on the string, until it stops gyrating. I start below the bottom of the foot. When the magnet stops gyrating, I move it up along the leg a foot or so. The magnet starts spinning again. I stay there until it stops -- and so on up the side of the body. If there are trouble spots the subject feels surges of energy in the hand holding the carbon, at each swing of the magnet. When that side has been covered I find that the reversed polarity has been corrected. This experimental procedure can be used even if the polarity is correct, because it is stimulating and it does build aura. The extent of the aura is a measure of vitality.

My most interesting experiment was the worst case of shingles the doctors had ever seen in these parts. It involved the entire backside of one leg of a man 76 years old. The MDs had nothing to offer him but shots, which did no good. He could not stand on this leg and the scaly covering was cracking and bleeding. He had lost 28 lbs. in weight. It was a horrible sight.

In this experiment I had him hold the carbon in his hand and lay on his side, with the back of his leg toward me. Using Sears-Roebuck's largest (56 lb. pull) magnet as a pendulum on a six-inch string, I let it gyrate close to the shingled leg, then backed directly away from him until it stopped, then stepped forward again and so on until the entire aura had been re-magnetized. The subject could feel every swing of the magnet, in the hand holding the carbon, even though I was at times six feet away from him. He was convinced he would have lost use of the leg

permanently had I not offered to experiment on him. The foot on that shingled leg was numb. He got immediate relief from the first experiment and has been making steady progress.

#### EVERYTHING ELECTRICAL HAS POLARITY

There is nothing in the Universe but electricity because everything can be reduced to electrons, protons and neutrons -- or negative, positive and neutral electricity. Now everything electrical must have polarity. The left side of the body should be negative, the right side positive (For right-handed people. RC) and neutral up the center; until we get to the eyebrows and from there up it should be positive.

I just tried carbon and magnet on goiter for the first time. I laid the carbon on the goiter and placed a magnet on the opposite side of the subject's neck. She immediately felt great reactions in the goiter.

Another experiment was made on a numb left leg. With my pendulum I traced the trouble to the subject's right temple. I placed the carbon rod under his left foot. At eight feet out from the subject's right temple, but in his aura and holding the swinging magnet, He could feel a throbbing in that left foot and the numbness left his leg!

In my own case I have been fighting off surgery on a fissure for 25 years. Now, with carbon and magnet, I am finally making progress.

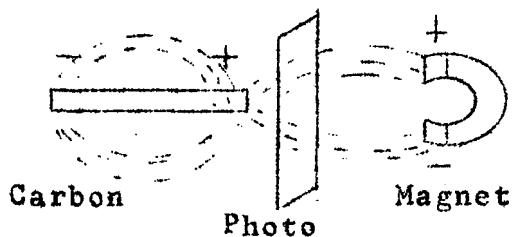
Everything that exists has polarity. With a pendulum test the ends of an ordinary pencil. I always find the writing end to be positive and the eraser end to be negative. Take any piece of wire. One end will be positive, the other negative. Now slowly go along the length of the wire. When a point is reached where the pendulum swings back and forth, instead of rotating clockwise or counter-clockwise, mark it and you will find it is the middle of the wire.

Take a row in the garden, ready for planting. One end was negative the other positive. Then I planted corn in hills. Checking them later for polarity I found every other hill positive and the ones in between negative! The same is true of the carbon rod. Hold the rod in the middle and your hand will span the neutral point and be part in the negative end and part in the positive end. You will get some benefit by using it this way but I tested by putting the positive end against the trouble spot on the body and got twice the reaction as against holding the middle of the rod.

#### PSYCHO-KINETICS, ACTION-AT-A-DISTANCE

I have just made some interesting tests by radiating photos with carbon and magnet. It is the belief of some, including me, that one can direct magnetic or healing currents at the photo and the person pictured thereon will receive the benefit. Max Freedom Long would explain it that the Aka thread connects the person and his photo. I believe that. A doctor in India has treated over 600 people, all over the world, just through their photos sent to him. Here is a diagram of

the way I set up carbon rod and horseshoe magnet for exposing the subject of a photo to the magnetic current.



NERVE FORCE CHART

100%	95	90	85	80	75	70
65	60	55	50	45	40	35
30	25	20	15	10	5	

First I use the pendulum over the photo and with a pencil or other pointer in the other hand I touch the different figures in the above Nerve Force Chart until the pendulum shows resonance by changing direction.

Next, I place the photo of the person or subject against the positive end of the carbon rod. Now with the left on the magnet, about 12 inches away from the photo, and with right hand holding pendulum (it will be stationary) I slowly move the magnet toward the picture. At about eight to nine inches the pendulum will start to rotate and the closer to the photo the faster the pendulum will rotate. If I take my left hand off the magnet the pendulum stops, so I leave my hand there until the pendulum stops swinging of itself. This should be taken, I believe, as an indication that the absent treatment is complete.

Here is the response I got on the Nerve Force Chart when checking myself and six others, before and after using carbon and magnet for Viti

Before - No. 1 - 65, 2 - 40, 3 - 45, 4 - 45, 5 - 75, 6 - 45, 7 - 95  
After - No. 1 - 90, 2 - 70, 3 - 70, 4 - 90, 5 - 95, 6 - 80, 7 - 100 (me)

When the subject is present I use the pendulum over his hand and check the chart. Then I have him hold the carbon rod in one hand and the magnet in the other for five minutes. Then I check again. Always there has been an increase in nerve force.

In another experiment I took a radiesthetic or pendulum reading on a photo of a subject that registered only 40, then went to 70 after exposure to Vitic. I then turned the carbon rod around and held the negative end to the photo. The pendulum now went in the opposite direction and I left the magnet there until the pendulum stopped. A chart reading then indicated the subject's nerve force had gone down to 40 again. I turned the carbon rod around again and exposed the photo to the positive end. The nerve force reading was back up to 70.

After 24 hours I went through the same routine again with the same seven subjects and found these changes:

Before - No. 1 - 80, 2 - 55, 3 - 80, 4 - 80, 5 - 80, 6 - 55, 7 - 100  
After - No. 1 - 95, 2 - 90, 3 - 90, 4 - 95, 5 - 95, 6 - 90, 7 - 100

My experiments have shown that more power is received if the middle finger is held over the positive end of the carbon rod.

## MAN, THE BIO-MAGNETIC ANIMAL

By Joseph F. Goodavage  
From "Fate" July 1964

A New York City gynecologist and cytologist, Dr. K. E. MacLean, is the first M.D. to use an electromagnetic activator in the treatment of advanced cases of cancer. So far, although he has confined his treatment strictly to those cases which are considered "hopeless," the results have been remarkable.

"Cancer cannot exist," MacLean claims, "in a strong magnetic field." The interesting side-effect of repeated exposures to magnetism, on human beings aside from its beneficial effect as a cancer treatment, is the restoration of pigmentation in the hair of many of his patients — in most cases from a silvery white to its former natural color.

Dr. MacLean's full head of hair is dark brown; he has been exposing himself to a 3600 Gauss magnetic field daily for about five years. He is tall and athletic-appearing and looks to be about 45 years old. He is 64.

His discovery could revolutionize the present concept of the aging process. For the first time, Einstein's energy-mass equation has been applied to the practice of medicine. MacLean's application of a magnetic field seems to relieve pain from any cause and to help speed the human organism's return to normalcy. He has shown it to be equally effective in treating most kinds of arthritis, rheumatism and bursitis. After five years he has not discovered a single adverse side-effect from exposure to a straight line magnetic field.

There is evidence, however, that when the human organism is exposed to two lines of powerful magnetic force intersecting at right angles, the effect can be disastrous.

Physicists and electrical engineers discovered this remarkable fact during experiments with intense magnetic fields used to energize particles in an early atomic experiment at Holyoke, Mass. According to unconfirmed reports, several technicians died as a result of exposure to two lines of magnetic force which were set up in X-cross fashion.

### BIO MAGNETIC INFLUENCE ON LIFE

From "Pendulum" June 1964: In December 1963 we sponsored Gail Woodham, 1703 Holly Oaks Lake Road West, Jacksonville, Fla., in a "Science Project", showing the effects of a common magnet on a family of white mice. Dr. Gordon of Orlando, manufacturer of Electromagnetic instruments, Dr. Rowland of the Rowland Laboratories, and myself. I prepared the basic findings and tests outlines. We together assisted Gail, whose father built the necessary equipment, and assisted Gail with this very technical project, was very proud of Gail when in the 900 entries in The Science Project, Gail's "Magnetic Effects on Life" Project came in with third prize and Honors. Prior to The Duval project, the Chairman of The Duval County Board of Public Instruction Committee of Judges wrote to me asking that I serve with the other Doctors and Professors on a Committee of Judges. I declined as I could not, I felt, as a sponsor of one of the larger projects. It would not have been right for me to be in a position of Judge, in all fairness to the other Students' Project Entries. Dr. Gordon brought a complete short motion picture here and presented a showing for Gail of how the magnet effects animals, and how it can be used in treatments. Dr. Gordon is now in charge of a program for

retarded children, and is using the Electromagnetic Treatment program to help them. Mrs. Jacqueline Kennedy, President Kennedy's fine wife, is interested in this project also. As you know the late President's early child suffered from a similar complaint. The project showed that in the south pole field of a magnet the mice were sloppy, fat, untidy and careless, and contracted complaints. In the north field they repaired the complaints were sharp, sensitive, well mannered, careful of their young and quick to learn. This may in some respects show the effects of the magnetic forces on people, and what is to be found in outer space in the space probing by man.

#### "VITIC", THE PHYSIOLOGICAL EFFECTS OF CARBON AND MAGNET

The helpful affects of magnets and magnetic fields was one of Meade Layne's earliest concerns in the borderland field. His first article on it was in Round Robin, Vol. 1, No. 3. This was later incorporated into a brochure with other material on this fascinating therapeutic subject, and with significant observations by the Inner Circle, in a BSRA brochure titled "Vitic". This is now BSRA No. 11 in our publication list and sells for 50¢. Meade learned about Vitic in reading Brian Brown's "The Dynamic Power of the Inner Mind", Doubleday, Page, N.Y., 1924, and Brown in turn picked up most of his information from A.E. Baines' "The Origin and Problem of Life", published in 1921 in London by Routledge & Sons and in New York by E.P. Dutton.

Baines was concerned with the aging process in man and especially "the gradual failure of generation of nerve force". He was an Egyptologist, too, and often visited that section of the British Museum.

"In the bygone days of Egypt's greatness," Baines writes, "scientific attainment was confined, or almost confined, to the priestly communities, and they kept it from the outer and unlearned world under the veil of an elaborate symbolism. Even then it appears likely that the search for the Elixir of Life had begun. . . When, therefore, I noticed that a statue of one of the priests was shown holding a cylinder in each hand, my curiosity was aroused and I determined upon investigation. That the reigning Pharaoh was similarly equipped merely suggested reasonable concession on the part of the priesthood, and in no way negatived the supposition that the cylinders or short rods had some purpose or function of an important nature. . . Diligent enquiry of the authorities at the Museum elicited the astonishing fact that nothing was known of the purpose or meaning of the rods. . . Years of experiment followed. . . finally it was found, by accident, in carbon. Hard carbon such as is used in arc lamps will give out a certain amount of force which, experience has taught us, is not to be distinguished from nerve force. But if the carbon is treated in such a manner as to cause a violent disturbance of its molecules and then specially hardened, the force evolved by it is greatly augmented, and the rod becomes a real source of power, a power that is so readily absorbed and stored by the unipolar ganglion cells that a five-minutes charge remains effective for at least twelve hours. . .

"In an article in 'The Practitioner', in June 1914, Dr. J. Horne Wilson wrote of this discovery of mine: 'In this connection (nerve deafness), I may mention that a rod of carbon, which has its molecular condition altered in a similar way to that of iron when it is converted into

a magnet, has a most remarkable effect on the body deflections.. If held in the right hand it produces an off-scale positive deflection, and an off-scale negative if held in the left hand. If held in contact with the right side of the body for five or ten minutes, it makes the hand-to-hand deflections strongly positive, and has exactly the opposite effect if held on the left side of the body. What this force is I do not at present pretend to say, but it has a marked influence on the electrical condition of the body, though no direct influence upon the terminals of the galvanometer. It evidently charges the body with a force akin to nerve energy, as it is retained for a much longer period than electricity is.

#### BOTH STIMULANT AND SEDATIVE, THE CARBON ROD

"In another article, in 'The Medical Times' of July 25, 1914, the same author wrote: 'This form of energy will raise the nerve currents to normal. The rod held in the right hand acts as a stimulant without any depressing after-effect, and in the left hand as a sedative. Under its stimulating influence the nervous system is generally benefited; mental fatigue rapidly disappears, and morbid conditions such as neurasthenia, insomnia and feeble action of the heart readily yield to it.

"The second cylinder shown in the left hand of An-Kheft-Ka was probably of minor importance and was not of the nature of carbon, as that would have neutralized the charge. It was, I have little doubt, fashioned from a piece of magnetic iron ore. Magnetism applied to the left side of the body stimulates the heart action, but only so long as the body remains within the magnetic field. The properties of magnetic iron ore -- and perhaps these properties -- were known to the Chinese in olden times, and also to the earlier Greeks who, as likely as not, gained their knowledge from the Egyptians. If two rods are held, the carbon in the right hand and the permanent magnet in the left, the effect is accentuated; but while the charge imparted by the carbon endures for some twelve hours, that exerted by the magnet ceases to be operative upon relinquishment."

Included in the Vitic brochure are two interviews with members of the Inner Circle, through Mark Probert, in 1949. The Yada di Shi'ite affirmed that both carbon and magnet should be used, one in each hand, to complete the circuit, but his approval of its use was qualified: "To many this use of the carbon-magnetic mixture is good; to others it is not good -- because you are attracting to your body metallic vibrations. . . Some find it highly poisonous to the system; to others it is rejuvenating."

At another seance the Control was asked if carbon alone was effective? "No, because then you have only the negative energy. For some people it is not good, for the carbon emanation gets into the system and acts as a stimulant too high for them, and prevents their sleeping." He was also concerned about some people holding the carbon in the left hand because of "too strong a drawing on the heart."

"The magnet is the acting force upon the cells of the body," the

Control continued, "and it attracts the carbon. There is an emanation surrounding the carbon. As long as you do not enter into the magnetic field the carbon emanation has affect; but when you do come into that field, the emanation has a strong pull; the magnet pulls the emanation into the body. If you are holding an electric wire and have no ground, it does not make a complete circuit; so, the carbon is the 'ground' for the magnetic current."

"Then there is such a thing as a magnetic current?"

"Yes, there is a magnetic current, not electric. Your original current once came about through what I call static electricity. . . ."

#### FROM COUNT WALEWSKI'S "CAUCASIAN YOGA"

Associate Margaret Meehan kindly furnished us with these appropriate and significant quotes from the Count's rare manuscript. She was moved to offer this to us after lecturer and Associate Heather Buckley brought an improved version of a magnetic converter to the Science Fair at the Harmony Grove Labor Day Convention. More about that later. Right now let's see what Count Walewski has to say about Vitic.

"IX. L ARCANE. Recharging nervous energy. A way used in ancient Egypt for strengthening of currents of energy within the body. It was shown in the figures, using the second Master Arcane exercise. Two rods clasped in the hands of standing figures, were the grips of tremendous power, akin to electricity (secondary electricity), which when the grips were held in the hand released this energy into the body, to be stored in unipolar ganglia, and spinal fluid, raising the potential of energy 100%, and lasting for a day and a night, 24 hours.

"The rods were two in number and of different compositions. One generally to be used in the right, another in the left hand. One having the power of the Sun, another the power of the Moon.

"The Sun rod of Power is composed of hard coal (carbon) specially hardened, in which the structure of the molecules is changed the way the molecules of iron are changed when converting iron into magnesia. (To convert iron into magnesia, the structure of iron molecules is changed by re-crystallization process, hardening, then it will retain the magnetism.) The process of hardening is heating to high temperature and then instantly cooling by submerging in water. (The rods of hard coal prepared for the electric arc lamps are excellent as Sun rods of Power.)

"The hardened rod of coal can be inserted in a copper tube, with both ends open or closed. (Length of rod six inches, diameter one inch or according to the grip of the hand.)

"The Moon rod of Power is composed of hard lode stone, or pressed lode stone, (it may also be a rod of magnetized hard iron or steel -- magnesia. The Moon rod of Power can be inserted in a zinc or tin tube with both ends open or closed. (Length and diameter same as Sun rod.) The Moon grip or rod works as a kind of catalyst, to bring the Sun grip or rod into more powerful action.

## THE POWER OF AURICHALCUM

"Grips and rods of power were known and used in the most remote times," continues Walewski, "and secrets of preparation of them were known to few initiates. The mysterious metal (bronze) auricalcum has tremendous power, and is composed of five metals, each having a definite color, white, black, red, blue and yellow. It is radioactive, and in it hides the mystery of immaculate conception. Proportion of the metals is even. Then comes electron, composed of gold and silver, (40% gold and 60% silver), then a combination of silver 75% and zinc 25%; combination of copper and zinc, and also copper and tin. (Many combinations of bronze you can make figuring out planets and their relations and properties. Sun, gold; Moon, silver; Saturn, lead; Jupiter, tin; Mars, iron; Venus, copper; Mercury, mercury. Also minerals, coal, lode-stone, beryl, amber, tourmaline, rock crystal, hematite, etc. (Here text contains drawing of two figures using rods, one figure is standing with a rod in each hand, one is sitting in the Egyptian meditation position, on a chair, back erect, feet flat on floor, hands on knees, with rods on knees. MM) The Egyptian master system postures for recharging the nervous energy, one should be relaxed and following the direction of the Sun. Objects shaped in different symbolic forms are also used throughout the world, like Babylonian maies (iron with silver inlay, with horned human head and head of the bull). In Tibet is used dorgee, etc."

This is from the first and probably only edition of Count Walewski's "A System of Caucasian Yoga", Library of Congress Catalogue No. 55-11356 Copyright 1955 by The Falcon's Wing Press, Indian Hills, Colorado, all rights reserved. The 127 page book is a facsimile reproduction of the Count's handwritten manuscript, with over 150 diagrams and illustrations by the author.

The editor's preface states: "Count Stefan Colonna Walewski's outer life was that of a well-known collector and dealer in oriental art and antiquities and in anthropological curios. His shop, Esoterica, was not only a famous New York connoisseurs' landmark but the gateway of another world, in which magick, demons and talismans were as real as subways and neon signs. The Count firmly believed that he attracted these strange objects to him by a sort of higher magnetism of which he knew the workings; and his unrivalled collection seemed to prove his point.

"Few knew, however, that behind Count Walewski's constant kindness to his fellow man and his expert knowledge -- the two main facets of his external life -- there lay an intense inner life and search for life's most hidden secrets. Few knew that before the 1920s, in the Caucasus mountains (between the Black and Caspian seas, on the border between Turkey and Russia) he had been vouchsafed some of those secrets by two initiates of a rarely encountered secret society, which combined indigenous doctrines and those of yoga with teachings stemming from a mystical tradition of ancient Zoroastrianism. Walewski never saw his teachers again, and he himself assumed no personal credit for their teachings, which were merely handed on to him under oath not to reveal the source. Their instructions, received in Persian and Russian, were

transcribed in a manuscript notebook from his own notes by the Count, when he later arrived in America, coming first with a Polish diplomatic commission. The English of the transcription is halting and the orthography often incorrect as Count Walewski possessed but an imperfect knowledge of English at that time.

"However, we have considered it best to give the reader the manuscript in facsimile rather than any 'improvement' on it, which will destroy or at least vitiate its unique character. There was all the more reason so to present the work when, shortly after releasing it for publication and disposing of the manuscript to a private collector, Count Walewski passed on, leaving no one who could possibly answer all the enigmas connected with the system of development discussed in it. Neither the publisher or editor can assume any responsibility for the views hereinafter expressed nor necessarily endorse them. They are presented solely as shedding light on a little known island of ancient views preserved in the border regions between East and West and as a documentary contribution to a special field of religio-magical literature.

"The following pages are exact reproductions of the Walewski manuscript on Caucasian yoga and secret doctrine -- teachings the very existence of which was not known at large to either Europe or America. There is now less chance than ever of their even continuing to exist, as the parasitic fungus-like growth of Lenin's anti-democratic, Communist counter-revolution seeks to destroy all spiritual or religious thought within its borders. Hence the recording of these ideas, techniques, and teachings in permanent form can at least serve to prevent utter destruction and oblivion for a little-known island of human thought and investigation.

"It is worth while to feel that the Count's patient collecting and recording of rare information was not for naught, and that in these pages we also possess a tribute to a man not merely skilled in his unusual field of specialization, but a man who had a good word for all his fellows and revealed to those who were fortunate enough to know him well, a great heart."

C.A. Muses  
Colorado, 1955

#### SET YOUR MIND AT REST

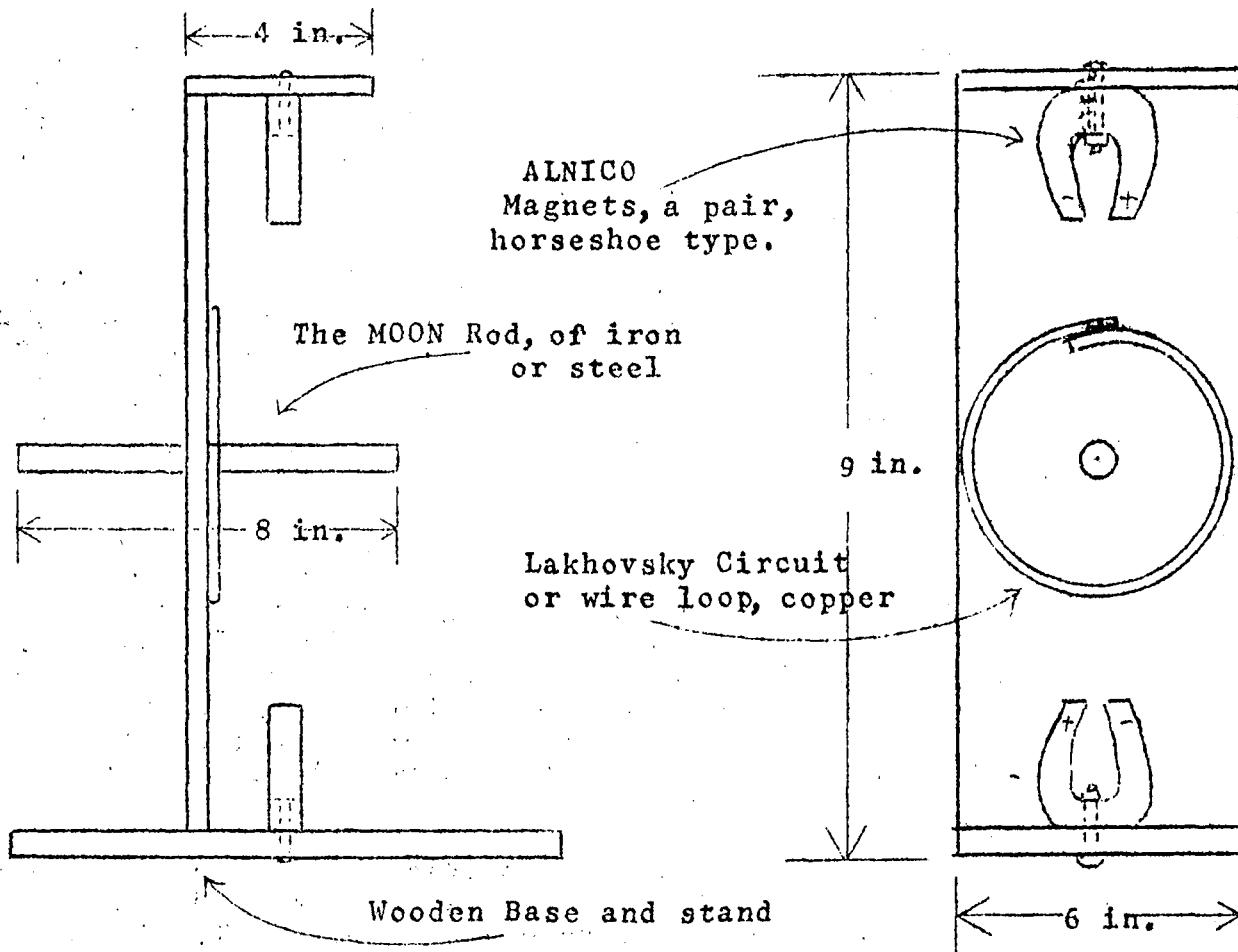
The Walewskis, the Blavatskys, the Edgar Cayces, the Max Heindels come and go but the Mysteries go on forever. Each generation of mankind can and must create its own versions of the Mysteries of existence suited to its needs. These precious documents -- and the Mysteries are priceless -- serve their purpose among the Teacher's followers and then are hoarded away or gather dust in private libraries. Regret them not when they are lost. This crystallized wisdom has little inspiration for succeeding generations. The Secret Doctrine must be continually updated; always remember that yesterday's magic is today's science! What was lost in the Caucasus mountains in the Russian revolution of 1917 is alive today in America. From the Inner Planes Walewski's initiate teachers are free to inspire their students of another day, now incarnated in American bodies in 1964! And who is going to stop them?

## THE EVER-PRESENT "INNER CIRCLE"

Our own Guides, Initiates, Adepts, Guardian Angels -- whatever you choose to call them -- can and will load us down with all the occult information we are capable of handling, and more! Open the door and the flood of Light overwhelms you. This Vitic information and the device for concentrating it in the body are a perfect example of such guidance.

It was no accident that Heather Buckley was moved to bring her borderland gadget to the Labor Day Convention. It wasn't just coincidence that Margaret Meehan told me there of her precious Walewski "manuscript" and offered to copy out the significant portions relating to Vitic and send them to your editor for inclusion in this Journal. Heather told us that details for the magnetic converter or charger came through a medium in the Pomona area, and that it was originally designed by Dr. Anton Mesmer, who held clinics in Vienna and Paris and published his first work on the effects of magnets on living organisms in 1766! However, the information through the Pomona medium did not include the use of the carbon or Sun rod to complete the circuit; for this we can thank Meade Layne and the Inner Circle.

### VITIC



## HOW TO MAKE THE "VITIC" DEVICE

The drawing on the preceding page is pretty much self-explanatory to the handyman. Your director put one together out of scrap parts in a couple of hours. The Sun Rod of hard carbon is not shown in the drawing as this is separate, though I found it handy to make a wooden trough across the front end of the wooden base to hold the carbon when not in use. Then the unit is all together.

If you have any ideas about obtaining 3600 gauss magnets for this device, better forget 'em for the time being. We priced a 3600 gauss Alnico magnet at a Los Angeles magnet company. It was over \$500! The Mesmer design suggests that the magnets be strong enough to pick up at least  $2\frac{1}{2}$  lbs. We settled on a pair that cost wholesale about \$9 each.

It may be that Alnico is the modern version of the ancient Auri-chalcum -- or blend of metals suggested in the Walewski manuscript. Alnico is made up of certain combinations of Aluminum, Nickel and Cobalt. These metals by themselves are non-magnetic, but just before World War II some genius discovered that these three metals, mixed together in powdered form, could be highly magnetized while in a molten state! And the magnetic field is permanent; it doesn't lose strength as does an ordinary iron bar or horseshoe magnet. This is why we recommend using Alnico magnets in our Vitic and they are the most expensive item.

Graphite is a harder form of carbon and may be more efficient than carbon in this specific application of building up a quick charge of "mana" or vitality in the body. Welding shops have carbon and graphite rods, also motion picture supply houses -- the carbon arc rods for the projection machines. An inch in diameter, or 3/4 in., about six inches long is a good hand size.

Remember, this is borderland research and no standards or significant body of data has been established yet. You are on your own, just as with the Multi-Wave Oscillator of Lakhovsky. The best part about Vitic, though, is that it produces no interference with radio, TV or other electronic equipment. This is a higher or different order of energy, electronic in nature but impossible to capture and measure with standard equipment.

We used pine boards for our base and stand, and chose Alnico magnets with holes drilled or cast at the top of the curve, as shown in the drawing. This made it easy to mount the magnets and it also allows them to be swiveled around to any setting for experimental purposes. The distance between the magnets and the wire loop around the Moon rod are all speculative. We know these approximations are good enough for a beginning because the dozens of people tried on it so far have almost without exception felt an increase in nerve energy within a minute or two.

Mesmer's design called for a perfect circle of bare copper wire, #12 gauge or larger, with a quarter inch gap at the top. My immediate reaction to this was an attempt to produce a one-loop coil, similar to the Lakhovsky belt, and for the same purpose, to set up oscillations in

the magnetic field. The need for oscillating or pulsed current in body chemistry was established 40 years ago by Dr. Abrams. So we use heavy insulated copper wire and overlap it about an inch, thus creating a true coil. It doesn't really matter if the wire is steel or copper, bare or insulated, but if the ends touch and are uninsulated, this shorts out the coil and makes it useless.

#### THE MOON ROD

Walewski's instructions call for an iron rod covered with copper. This combination isn't likely to be commercial available, at least it wasn't at the steel supply companies in Los Angeles. They suggested having steel rod copper plated, which doesn't come cheap. 3/4 in. cold-rolled steel rod can be purchased at machine shops and hardware stores, also copper tubing large enough to slide the rod in. Another way is to paint the steel rod with a couple of coats of copper or bronze paint. This is what I've done. Mesmer also suggested copper-covered iron rod.

#### HOW TO USE "VITIC"

Individual human needs are so different and varied that no predictions or authoritative instructions as to most affective use can be given. Some people are in such a condition or are so sensitive to this magnetic-carbon energy that they react to it as soon as they are in circuit. At the Labor Day convention one woman was on crutches because of a leg injury from an automobile accident. Her right knee was in pain. She told us that as soon as she put her hand on the Moon Rod of Heather Buckley's gadget, the pain in her knee disappeared. The pain returned soon after she took her hand off. Heather didn't have the Sun Rod of carbon to complete the circuit, even, or it probably would have been more effective.

It is most likely that you should sit or lay in as relaxed a condition as possible while in circuit. If nothing else, you'll be more aware of the subtle energy as it flows in through your hands and wrists. Sit comfortably on a sofa with the magnet stand close beside you so one hand can rest comfortably on the Moon Rod. Let the other hand lay on your lap or thigh with the Sun Rod held loosely -- so there is as little tension as possible. Take your mind off of what you are doing by watching TV, talking to friends or reading. If you were tired before getting in circuit, after a few moments you'll realize that much of the tiredness seems magically gone. This has been my experience and that of others. So Vitic does seem to be a ready, potent and inexhaustible source of vitality or mana.

This nerve energy derived from magnet and carbon seems to be a balancing force. A BSRAssociate with years of experience in radionics built one of these Vitics and experimented on friends. He took readings on them and discovered various chronic conditions. To his surprise, when he put each subject in circuit with Vitic the condition seemingly disappeared! At least he could get no resistance to his finger on the rubbing plate. This meant a zero or neutral reading for that condition at that time. And another thing, if you experiment with this before going to bed, dont be surprised if you get so charged up with vitality you cant sleep. That was our experience the first few nights.

METER READINGS ON "VITIC"

Our first opportunity to make some measurement of the effects of Vitic occurred at our BSRA Workshop in Los Angeles, Oct. 2, 1964 at the Hermetic Science Center, 138 N Manhattan Place. Mrs. Eleanore Person had been given a Mathison Electro-Psychrometer, a highly sensitive galvanometer which registers minute voltage changes in the human body. We had no way of measuring the magnetic output of the Vitic device but We should be able to show a difference -- before and after -- with this.

I set the instrument on the "B" Scale and took a reading on each person as they came into our Faraday Cage Workshop. Then each was put in circuit with Vitic and another reading taken. Of the 14 measured or tested, eight showed a change on the Falling scale and six showed a change on the Rising scale. The first figure after the name is the "Before Charge" reading; the second is the "After Charge" with Vitic:

FALLING	BC	AC	RISING	BC	AC
Agnes Underwood	2.01	2.00	Florance Verrico	2.45	2.58
Eleanore Person	2.50	2.20	Jack Waer	2.00	2.16
Riley Crabb	2.32	2.10	Rose Lundquist	2.10	2.20
Lydia Howard	2.05	2.01	Bertha Sale	2.40	2.69
Rene Person	2.375	2.30	Oliver Howard	2.03	2.05
Reio Nagel	2.30	2.20	J. Berlanga	2.075	2.15
Mr. Jonasson	2.50	2.20			
Mrs. Jonasson	2.325	2.19			

The fact that Dr. J. Horne Wilson, in his experiments with carbon in 1914, got right or left readings which went off-scale, indicates that he was using a much more sensitive instrument than we were. Our tests that Friday night did seem to verify Dr. Wilson's report of 50 years ago and the Psychometer readings tend to support what almost everyone reported, that they felt some physical reaction after being put in circuit with Vitic.

We hope that many of the Associates will take up this new borderland research tool with enthusiasm and start testing themselves and those of their friends who are willing to be "guinea pigs" in the search for Truth in this area. Reports will be published in the Journal. Heather Buckley has promised us a transcript of the Seance where Dr. Anton Mesmer came through to describe his device. This will be in the November-December Journal.

For those of you who want to take part in this Vitic project, and who cannot spare the time and trouble to locate the necessary parts, we'll assemble them all in kit form for you, post and tax paid for \$30.00. This will include the three pieces of the wooden stand, the Lakhovsky circuit, the necessary nails and bolts, a steel Moon Rod, a carbon Sun Rod, and a pair of horseshoe Alnico magnets of the necessary strength, and also a copy of the diagram on page 25 to guide you in assembling it.

Just keep us posted on the results of your experiments.

A MACHINE OR CONTRAPTION  
FOR GENERATING VITIC

From Dr. Anton Mesmer

A hundred years ago Mesmerism was a term common to the vocabulary of every student of metaphysics. It derived from this famous doctor's researches into the illusory land of ectoplasm, mana, prana, electromagnetic nerve energy or whatever you choose to call it. Dr. Mesmer called it animal-magnetism, thus adding another term to the dictionary of occult science. We say this because orthodox medical science of Dr. Mesmer's day in Vienna and Paris crucified him, just as they've crucified every other pioneer in their sacrosanct field.

As a practicing physician in Vienna of the 1760s, Dr. Mesmer maintained some hold on physical reality by developing and using magnetic contraptions of the kind hereinafter described. He and his patients were convinced of their therapeutic value, even if his fellow practitioners were not! But when he removed to Paris in 1778, the abracadabra of ceremonial magic seems to have been added to his clinical routine. This could have only aroused the most violent antagonism from his colleagues and the authorities and he was charged with being a fraud and a charlatan. Even Benjamin Franklin, in France at the time as a representative of the United States government, was a member of the official commission which reported unfavorably on Mesmer's researches. There is no doubt in your editor's mind that Anton Mesmer was a member of the Lodge of the Western Mystery Tradition and that he was sent out by the Lodge to shed new light on the problem of health and disease in the Europe of his day.

Follows now the transcript of a seance held in the home of Associate Doris Heather Buckley, Sept. 9, 1964. Medium is Dan Buckley, her husband.

"Anton Mesmer coming to you at the request of the Council of the Essenes. I greet you with the Essene greeting: Love, Understanding and Freedom. Let me say to begin with, I have plenty of time, aeons, but there is not anywhere near enough time for you to listen to all that I have to say.

"I will divide my lesson into two parts. The first will be with vibrations around you, magnetism and other similar terms. The second part, it has been requested by the woman, Doris, to re-explain the machine or contraption that I gave to this channel.

"Now as to the first. In my lifetime upon your Earth I went too far and I did not go far enough. If I had but taken a few more steps I would have been believed, but I limited magnetism and magnetism is unlimited. The vibration of light, the vibration of your electric

light, that is magnetism; but a purer magnetism, a purer light is from candles. A flame is the source of all light.

- THERE IS ALWAYS FIRE

"In the beginning when there was only God and He started creating, or expanding His power, the sun was first and it was a ball of fire; and from it all else emanated; and so it is in your old religions. There is always fire.

"You speak many times of pagan religions and yet they are worshiping God. Christians seek differences, not assimilation or similitude. You derive benefits from lighting candles; naturally you must take precautions the same as you must take precautions with pure magnetism. Were you, who are not versed in magnetism, to use electro-magnets, you would cause far more harm to yourselves and to those about you than good. Rather, it would be an accident if some good came of it! But there is definite good in electro-magnets when used in the hands of a scientist dedicated to God. He can create benefits to health.

"Colors are only an extension of light. Use colored glass in front of candles. I have found that one of you seems more naturally equipped to assimilate this than any of the others, because I do not hold with the theory of the Essenes of certain colors for certain things. I hold certain colors for certain beings. You are all beings, your animals that are pets are beings, your pests, bugs, lizards, things that are abhorrent to you are beings. In order to rid yourself of them you use certain colors, and in order to heal yourself or your pets or to bring about some good you use certain other colors. One of you, this channel and his wife, have found that the colors explained by the Essenes fit them perfectly.

"I do not seek to differ or argue with the Essenes, but I find that other colors would fit others of you far better. Experiment, slightly, easily. If you find that your being is not responding to a certain color within, what you call a short time, a minute, an hour, a day or a week -- all of those are short times -- then try another color and keep trying.

"I ask -- because it is becoming more difficult for me to control this channel -- I ask that you allow him a respite and I will return to give further information on this first part of this lesson.

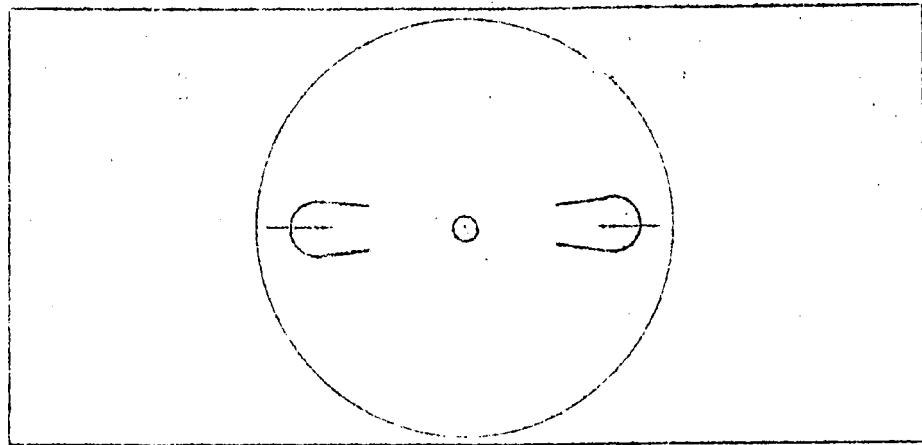
\* \* \*

"Anton Mesmer returning. I have said enough about light and candle. Let me but add this, when you gather in these meetings it would be wise if you would light candles, three or more and always an odd number.

"Now, to begin, each of you vibrates to the other. You who are gathered here vibrate harmoniously. Do not misunderstand me. Each of you can be inharmonious with each other of you; but as you gather together you vibrate harmoniously; but none of your inharmonious moments are of long duration. Remember that you are not antagonistic to one another, rather are you seeking to dominate one another. Cease this as

soon as you can. Enough on that particular phase.

MESMER DESIGN FOR VITIC



"The mounting board preferably of oak wood, two horseshoe magnets of sufficient strength to lift  $2\frac{1}{2}$  lbs., the wire loop of #12 copper wire or heavier, the steel rod in the center is  $3/4$  in. in diameter. Magnets are to be placed in slots so they can be moved toward or away from the steel rod. They should also be pivoted so the North and South poles can be set so as to attract or repel, as indicated by the polarity of the receiver or subject. Distance of the magnets from the steel rod to be adjusted for greatest benefit to receiver. It is suggested that the birthstone of the receiver be attached to the end of the steel rod with putty or clay. Experiment will show best results."

Mesmer gave no dimensions for his design. The size of the mounting board will be determined to some extent by the size of the pair of horseshoe magnets used. Perhaps these should be bought first. There are several obvious differences here from the design given in the October Journal. There is no break or overlapping in the copper wire loop shown above but we feel this is essential for the pulsed or oscillating effect of a wire coil, a basic electronic device. We believe the Lakhovsky circuit will give the multiple magnetic field rhythmic oscillations which make it much more effective than a simple magnet. Because it is alternating, from positive to negative and back again, millions of times a second, it doesn't matter which hand holds the steel rod. I believe this is an alternating current circuit of magnetic energy.

In the above material there is no hint by Dr. Mesmer of the need for a carbon rod to complete or augment the circuit. Either he didn't know about it, or felt that it was not important. We believe that the use of a carbon rod for the other hand is highly important and do use it. Both the Sun and the Moon are important to life on this earth, and in this body! Neither is it suggested that the steel rod be covered with copper or some other diamagnetic material. This covering probably

helps to contain the charge in the steel.

You will note that Mesmer's wire loop is outside the magnets, rather than inside them as in our design. Which arrangement is most effective remains to be proven and we'll welcome the reports of Associates who take part in Project Vitic. We know our design works. Five minutes in circuit with carbon and magnetically charged rod gives the nerves a charge of mana which lasts for hours. Most people whom we've tested have reported favorable results. Some report no reaction whatever. For these a rearrangement of the components may be necessary. This is why the Vitic device should be made adjustable.

#### BIRTHSTONES

Here is a list of birthstones as adopted by the American National Retail Jewelers' Association years ago.

January	-- Garnet	July	-- Ruby
February	- Amethyst	August	- Moonstone
March	- Bloodstone or Aquamarine	September	- Sapphire
April	- Diamond	October	- Opal or Tourmaline
May	- Emerald	November	- Topaz
June	- Pearl or Moonstone	December	- Turquoise or Lapis Lazuli

#### CONCLUSION OF THE SEPT. 9 SEANCE

"As you leave here," continued Dr. Mesmer, "and mingle with other beings your immediate reaction is one of harmony or disharmony. If it is harmony, so be it, things are going good for you. If it is disharmony, understand this, within you there is a switch the same as you have an electric switch in your house. You can turn this off so the disharmony is gone and you are shielded. There is no reaction. If this person is a superior who has a right to order, to command, you can accept the command impassively; but if you do not turn the switch off there is a definite ill effect to you, yourself. I repeat that, you yourself, the inner you.

"Most of you here are constructed so philosophically that you will get along with other people. You have that magnetic quality. You have earned this magnetic quality to assimilate with other people; but there are people who will antagonize you, so remember this particularly, turn your switch off, be impassive, phlegmatic. Do not let yourself give way to your magnetic emotions. Experiment with your light rays, with colored flames, to learn control of your magnetic self. If you digest this it will be ample for this lesson. I leave you now in understanding and in freedom, and bring the blessings of the Council of the Essenes to you and to each of you.

Anton Mesmer

\* \* \*

Madam: This is Abraham Lincoln coming through this channel to you. We both, Stephen Douglas and myself, are here together; for we are no longer

enemies. There is no enmity in this land nor should there be in yours. We were honest men and held honest opinions and had honest differences and now that we are in the Light we have resolved them. It is possible that you who are in the mortal flesh can resolve your differences, can come to brotherhood, can respect the honest differences that you have between one another without enmity. Stephen Douglas and I still have our differences, but we are united in brotherhood. Oh! If you bear any love toward me, work for that in your personal life. But first we must repair our own fences before we seek to help our neighbors. I respect you madam and leave you in love."

\* \* \*

"A No One, an insignificant No One. A name that would not be recognized by any but my immediate family and none of you are even remotely related to me; and yet I lived and died in three wars, lived and died for liberty and justice. And so I will return in time for the next and the next and the next; for that is my mission until you who are left will learn by millions upon millions of death in agony. How many wars will it take? Oh! If you could see and feel how futile it is to be born to die for a cause that you know is lost. If you could but learn so that I could return to be no longer a non-entity, to live my life to its most beautiful fruition. Oh God!" End of Sept. 9, 1964 seance.

\* \* \*

#### THE AURAMETER AND VITIC

Meade Layne's introduction to Part V of BSRA publication #14, "The Cameron Aurameter": "The objective evidence for the existence of Vitic energy or force consists in the fact that normal galvanometric readings are greatly increased by holding the permanent magnet and the carbon stick (the pair) for a few minutes. Explicitly, if the experimenter puts the thumb or forefinger of each hand on a terminal of an Edison galvanometer, there will be anormal deflection of say four points. If then he holds "the pair" for a few minutes, one in each hand, and after putting them down again tries the galvanometer, the deflection of the pointer will usually show an increase of three to six points. This effect usually persists for six to eight hours, sometimes much longer. The alteration in the reading is not always found, especially if the nervous energy of the experimenter is at high level, and not lowered by fatigue. Apparently, however, in most cases something akin to nerve energy or vitality is received and stored in the nerve ganglia. The actual verification of this effect, by properly conducted experiments, is a somewhat tricky matter. The original discovery, however, was made by medical men of good standing shortly prior to 1914 and discussed in the Medical Times and other journals. It then passed into the discard, probably because of its elusive character, or because of a faint taint of the mysterious and occult from the connection with ancient Egyptian sources. But another source of verification besides the galvanometer had now appeared in the aurameter -- which, however, is itself under intensive study. This is the kind of situation in which Borderland investigators often find themselves, where firm footholds are difficult to find, and yet the data involved are far too important to be neglected. ."

"The Cameron Aurameter" is 78 packed pages of Borderland research, with six of Meade Layne, Vern Cameron, Max Long, Crabb and the Yada -- \$2.00.

HE'S SOLD ON VITIC

"Enclosed is \$2 cash for a copy of BSRA 10-K and 'An Attempt at Cosmic Mediumship'. Wasn't prepared to be 'tested' at the Los Angeles meeting as I just came by to say hello to you both. Please let me know where I can buy the Carbon and Magnet for Vitic which I tried while at your Workshop. I could not sleep that night."

Jack Waer  
Las Vegas, Nevada

Glad to know you are interested in setting up your own research program on Vitic, Jack; if you have any significant results let us know so we can share them with the Associates. The Vitic device we used that night and are now selling to Associates at \$30 per unit is more powerful than our first model. These magnets can be bought from Permag Pacific Corp., 6178 W. Jefferson Blvd., Los Angeles 16, Calif. They are 3 in. wide, 2 in. high and weigh almost 3/4 lb. These are permanent Alnico V magnets with a unit price of \$12.90 each. The General Electric part No. is 5U43b. Indiana General Magnet No. is CU-508. pulling power is 48 lb. Carbon rod is bought from Victor Welding Equipment Co., 3821 S. Santa Fe, Vernon, Calif., 1 in. diameter and a foot long for 96¢. We buy our 3/4 in. iron rod (cold rolled steel) from the local hardware store, 36 in. for \$2.15, and hacksaw into 9 in. lengths. Your hardware store or electric shop should also have the heavy, white insulated #12 copper wire for the Lakhovsky loop. We form our loops around an old-style, 1 lb. coffee can. A copper covering on the iron Moon rod may be more affective than the coating of bronze paint we give it, but our Vitic device is so effective in charging the body with Mana or vitality in two or three minutes that we see no need to change our design at present.

Associate A. Goeke of Redmond, Washington writes to say that he has been using Sears-Roebuck "Craftsman" magnets in his healing work, and these are much cheaper than the General Electric Alnico V's we are using. We have no way of knowing that the Sears magnets (probably cast in England) are as permanent or durable as the GE's but if you want us to make a Vitic with Sears magnets of about the same size we'll put one together for \$25, post and tax paid. Sears magnet No. 40342, of 1 lb. weight and 54 lbs. pulling power, 3 in. wide and 2½ in. high and 3/4 in. between poles, costs \$5.45, according to Goeke. Associate Wing Anderson reminds us that the burnt out carbons from the arc lights of 35mm motion picture projection machines, several inches long, would make good carbon "grounds" for the Vitic circuit. Graphite rods, a denser, harder form of carbon, may be even better. We used a 1½ in., one-foot piece of graphite rod for a ground at a recent BSRA Los Angeles Workshop gathering. 12 of us sat in a circle, all holding hands but two, thus forming a Lakhovsky open loop or circuit. These two were the contacts for a Vitic, carbon-magnet circuit. One held the graphite Sun rod in his free right hand. The other held the magnetic Moon rod in his free left hand. The irresistible surges of energy racing around the circuit could be easily felt by all. Arms, legs, torsos tingled with new vitality in a couple of minutes and the charge kept us all keyed up for study the rest of the evening!

## WHAT IS MANA?

By Max Freedom Long

Condensed from his "Huna Vistas"  
Bulletin for November 1964

"Science" contends that there is no such thing and has no classification for "life force", either as a physical force or a mental one. As to there being a special nervous force which makes Mesmerism or Hypnosis effective. This, according to scientists, is foolishness. To them all is suggestion, but they do not attempt to tell the difference between the suggestion that demonstrates its effectiveness only when the subject sees fit to accept it; and the command suggestion of the hypnotist which his conditioned subject cannot refuse to accept and obey.

In the matter of there being a possible "spiritual power" -- our High Mana -- all is vast and scientific silence. However, the Physiologist recognizes the fact that all living things must have a form of life energy, regardless of what it is or how it is come by. The plant has to have its variety of the life force, but seems to make it with scant use of the oxygen in the air. The aquatic forms of life draw oxygen from water unless they rise to the surface of the water periodical to breathe air -- which is a much richer source of oxygen.

The prana of India is a little more complete as a concept than the scientific one which we have just listed. But while Huna looks upon mana as a basic life force which is manufactured in the organism from food elements which it can utilize, the Indians taught that the force was drawn in from the blanketing "cosmic life force", stored in the etheric double, with its chief center being in the breast. The word, prana, is Sanskrit and means "breath". (I am quoting Powis Houl in his "Dictionary of Theosophical terms".) Because prana means "breath", it is probable that it was so named because of the connection between accumulating mana and the HA Rite of breathing introduced by migrating kahunas. It may also be quite possible that the Sanskrit-speaking sages of India rejected the use of the kahunas' word, "mana", because in their language it meant "To measure, or a measuring with the mind or by physical means". The same word as "manas" meant "mind". . . so the word for "breath" was selected.

It is interesting to compare the basic word meanings in Sanskrit with those in the language of the kahunas. Mana meant only "a force", be it ordinary physical or ordinary mental or even supernatural force. But the Polynesian word for "breath" contained the same general implications as in Sanskrit. It was ha-nu, in which ha is "to breathe hard, and the number four", while nu has as one of its several meanings, that of "to think". (This balances nicely the Sanskrit if we combine prana and manas.) But the "sacred language" of the kahunas did not stop there

with its careful symbology and code meanings. "Breath" was also aho, which means "a cord", and which immediately reminds us of the aka cord over which mana, once accumulated, is sent to the High Self in the use of the Ha Rite of prayer. An odd secondary meaning of aho is, "It is easier; it is better." In this we can see the belief that to use the

#### IMPORTANCE OF RHYTHMIC BREATH

In this we can see the belief that to use the Ha Rite and get the help of the High Self was easier and better than to work alone as a middle and low self pair. A third word for "breath", ea, was most significant as it had a variety of meanings which coded the sending of mana to the High Self. The chief ones of the code meanings were: (1) To call or to answer to a call, coding the contact we make with the High Self in the Ha Rite. (2) To lift up; to rise, as water. This codes the lifting up of mana, its symbol being water. (3) Dust raised by wind. Here we have the thought-forms of the prayer symbolized as particles of dust, and the breath as the wind -- these giving us the sending of the prayer to the High Self through the use of the "wind" as the "strong breathing" of the Ha Rite. Hana mana, in Hawaiian is "make mana", and in hana we have the prime root indicating in the ha the use of breathing strongly, four times, then, as indicated by the root na, to become "quieted" or momentarily passive, when we apply this meaning to the rhythmic taking of four breaths to aid in accumulating a surcharge of mana.

Another significant meaning is to be found in hoo-mana or "to cause mana", and this is "to worship". This, of course, is not just accumulating mana. It is also the sending of the mana to the High Self.

In its nature, mana resembles in its action the static electricity which can be accumulated in various ways and stored in various substances. But it acts in a quite different way. It seems not to be polarized or to leap, as does the static charge from the more charged substance to the less to balance energy. Mana acts as if it contained the ingredient of intelligence. It leaps or flows only when the command of mind is given. It appears also to be involved in the handling of the clusters of thought-forms, as in hypnosis -- a process in which the mana of the operator is sent to the subject, carrying thought-forms embodying the suggestion. In some ways these thought-forms of suggestion seem to be able to take and retain a charge of mana with a higher potency, causing the low self of the subject to react to the suggestion. The iron in the composition of the blood, and the fact that it picks up the oxygen from the air in the lungs and carries it along to burn the blood sugar present also in the blood, hints that mana may have some relationship to magnetism -- in the latter a stationary magnetic field being formed and remaining fixed unless acted upon by some other substantial object to disturb the field.

#### ARTIFICIAL MANA FROM VITIC

In our search for a way to make artificial mana, the holding of a magnet in the hand has been popular from ancient times. In modern times there came the idea of holding a magnet in one hand and a rod of hardened carbon in the other, the supposition being that a force would be

generated and stored in the body. The force was given the name VITIC, and in the old HRA Bulletins of late 1951, Nos. 64 and 65, Vitic was noted and discussed after Meade Layne had opened the subject in his Round Robin releases.

Mana, as "od" had long been known in psychical research circles, and Reichenbach had experimented with it for some time, his prize demonstration of the lines of the force being in showing that a certain entranced medium could lift objects such as scissors from the table without actually touching them. A considerable time later, Brian Brown, in his book, "Dynamic Power of the Inner Mind", wrote about the possibility that the ancient Egyptians had made vital force artificially. He told of the portraits of Egyptian priests and rulers, painted on the walls of tombs and showing that they held a round rod of something in each hand. He guessed that one rod was of magnetic rock or even of magnetized iron, and the other carbon, perhaps of hard coal. . .

#### GENERATING VITALITY WITH A GADGET

You will recall that Nicola Tesla, the electrical genius, whose P. A. reading shows that he was overshadowed and informed by a good spirit of high intelligence brought through some most valuable electrical inventions. In a similar way, one of the SSRA members, who is mediumistic recently got the help of a spirit who claims to be none other than Mesmer, famous for his work with mesmerism, and a gentleman who, during life, depended greatly on magnets and magnetism in generating the mesmeric force which he used -- or thought he was using. This spirit communicator gave instructions for constructing a new form of "vitic" making instrument, and a few evenings ago, Riley Crabb with his wife, Judy (whom all of you who know their work have come to look upon as a proper occultist in her own right), brought up a model recently built of the new instrument. It is rather simple and has a 6 inch circle of insulated wire mounted on a board with the ends of the wire slightly overlapping. Coming through a hole in the board at the center of the circle and protruding four inches at right angles to the circle, is a rod of iron painted with bronze paint. From shelves above and below the edge of the wire circle stick out alnico magnets, one above the iron rod and one below, their poles set so that they would attract each other. Then there is a six inch rod of hard carbon about an inch thick. To use the outfit one stands beside the instrument, relaxes, and takes hold of the iron rod with the left hand while holding the carbon rod in the right. Not facing the wire circle, but sidewise to it.

Our project for the evening was to test the instrument to see if it would increase one's natural charge of mana as measured by the pendulum. I measured the charge of one of the ladies present, and it caused my pendulum to swing in a normal 3 inch clockwise circle above her right palm. She then grasped the iron rod of the instrument with her left hand and held the carbon in her right -- for about a minute -- after which time she let go the instrument and I tested again with my pendulum, this time finding that it increased the size of its circle to almost double, indicating a much greater mana charge, provided my low self was measuring mana and reporting it. This was most convincing and exciting. I then tested my own charge and took my turn on the instrument, finding my nor-

mal charge also decidedly increased. Following that I tried accumulating mana in the regular way with a few deeper breaths, and again tested and found the charge large. With this large charge on board, I turned and stood facing the wire circle of the instrument, its iron rod aimed at my solar plexus. In a moment the charge vanished and measured well below my normal, leaving me to wonder what had become of it.

I next tested with the pendulum to see what might be registered at different points on the instrument, and found that just beyond the plane of the magnets, and testing at a position facing the wire circle, I got at the right of the circle a strong clockwise pendulum swing. At the left, I got a similar swing but counterclockwise. At the top of the circle the pendulum swung back and forth between my body and the wire, while at the bottom the swing changed to a sidewise swing. In front of the iron rod and over the carbon stick lying on the lower shelf of the instrument, the pendulum made no movement and I judged that at those points things were negative.

This is very new and exciting because it seems to offer a mechanical way by which one can get a mana surcharge -- if it IS mana. Whatever it is, I am all for trying to find out more about it and for getting from the use of the instrument as much aid or information as possible. Up to this point the interest in BSRA circles has largely been confined to the healing possibilities, first of the Lakhovsky Multi-Wave Oscillator instrument and now of the new Vitic Instrument. . . To date, Riley tells me, some have had health benefits and some have not. The same can already be said of the Vitic Instrument and its periodic use. As a side effect, the MWO outfit seems to drive out eating companions. If this turns out to be a reliable remedy for this serious trouble (obsessing entities, RC.), I will be ready to stand up and cheer at the top of my voice. . . (BSRA brochures on Vitic and the Lakhovsky MWO are available at a dollar each, post and tax paid, from BSRA headquarters.)

#### TO GET BACK TO THE HA KITE

And the four-breath rhythm matter, may I say that in my own tests the steady rhythm is good and fits in with what I have always done, but when I try to count and to think about the significance of the four numbers in Hawaiian, my low self forgets the job of collecting a mana surcharge. My tentative conclusion is that the rhythm is the important thing and that perhaps the breaths might well be taken in series, four to a set.

HRA Ann Ober, of California writes: "I have been breathing experimentally to see if four breaths are superior or not to previous methods of accumulating mana which I have tried. I have tried everything from taking fifteen breaths to taking only two, to see if I could establish some kind of a norm. I find that a posture of merely standing with my hands at my sides, relaxedly, before an open window, and taking four to six breaths is as effective as anything I have yet tried for accumulation. In addition, I find that if I hold each breath after a full inhalation for just a 'graceful pause', or perhaps to the count of no more than three, a good feeling of well-being accompanies the function which may add to the amount of mana on hand. In fact, I have found that if I

have that 'wilted on the vine' feeling that often happens in this hot weather, the above procedure will revive me promptly for another go at any activity I might have on tap. If I have a long Huna prayer session, I find that a pause to re-charge with mana in the middle of the prayer is often needed in spite of the precautions that I have taken beforehand, but the 4 to 6 breaths are as effective for me as taking more breaths seems to be. There seems to be an upper limit of effectiveness." (And I would add, perhaps to ones capacity to take and store mana in the aka body. mfl.)

#### FOUR-COUNT BREATHING

It may be that the FOUR angle on breathing is related to other things which we find indicated in the occult literature of past and present. The four directions were given much attention in ancient times, and the directions of up and down seem to have been reserved for heaven and hell. In astrology the four quarters of the year were important and were well marked on the horoscopic charts. In Holy Church one crosses oneself and this again covers the four cardinal points. Add the circle to the cross and we may have our Vitic Instrument with its four different energy indications at the four sides. It is interesting to speculate on how much may have been discovered in ancient times and then forgotten -- only to be rediscovered in bits.

\* \* \*

We are grateful to Mr. Long for releasing his pendulum analysis of Vitic, to add to our little store of knowledge about this new-old way of generating extra vitality; and that four-fold, rhythmic breathing was an important part of the Ha Rite of the Kahunas. Here is more comment on rhythmic breathing from Sister Theresa Vandenberg, in SRA 8-D, member of the Inner Circle talking through Mark Probert in San Diego:

"The 'giving of the Holy Ghost' -- I think you will find that in many occult teachings the Masters or Adepts of these teachings have a way of giving the power of themselves to those whom they accept as disciples. Dr. Layne, in the teachings of Huna, the Masters of Huna can bestow the power of walking on fire to their followers, can they not? It is giving a part of their High Self to that of another. It is an awakening of the other's High Self. So you see, I know a little of Huna."

"This corresponds to the vital energy of the High Self?" asked Meade.

"Yes, and the way to revitalize that energy is by the proper attention to breath. Breath is life, and in your moments of meditation, I have learned, breathing is one of the roads to the golden knowledge. It stimulates the brain and frees it from toxic poisons."

"You mean a rhythmic breathing?" asked Meade.

"Yes."

"Counting and holding the breath?"

"Yes. Holding the finger to the nostril, breathing through one, then the other, exhaling from opposite sides alternately, is a good way; you are thereby producing a mental state of positive and negative."

## EXPERIMENTS WITH CARBON ROD AND MAGNET

By A. Goeke

I was experimenting with magnets before I ever heard of Vitic, but since adding the carbon rod I get better results. When I attempt to analyze anyone I use a pendulum, to check their polarity. I sometimes find both sides of the body negative, or both sides positive, or reversed, or the entire body neutral.

I have proven many times that when polarity is incorrect that neither blood nor nerve force flow properly. Correct the polarity and the effected part warms up. It goes without saying that any time blood flow and nerve force are less than par, metabolism is also below par and we start to die in that part to the degree of interference. I have been correcting polarity by laying on of hands for years and could tell of some very interesting cases. The Multi-Wave Oscillator will also change polarity back to normal except where there is some local interference. Now I find that the carbon and magnet will also do it. This is how I set up an experiment.

I have the subject lie down and hold the carbon rod in his hand, on the side we are working on. I use one magnet on a six-inch string, as a pendulum. If there is work to be done it will gyrate in a circle. When it does, I hold the magnet there, suspended on the string, until it stops gyrating. I start below the bottom of the foot. When the magnet stops gyrating, I move it up along the leg a foot or so. The magnet starts spinning again. I stay there until it stops -- and so on up the side of the body. If there are trouble spots the subject feels surges of energy in the hand holding the carbon, at each swing of the magnet. When that side has been covered I find that the reversed polarity has been corrected. This experimental procedure can be used even if the polarity is correct, because it is stimulating and it does build aura. The extent of the aura is a measure of vitality.

My most interesting experiment was the worst case of shingles the doctors had ever seen in these parts. It involved the entire backside of one leg of a man 76 years old. The MDs had nothing to offer him but shots, which did no good. He could not stand on this leg and the scaly covering was cracking and bleeding. He had lost 28 lbs. in weight. It was a horrible sight.

In this experiment I had him hold the carbon in his hand and lay on his side, with the back of his leg toward me. Using Sears-Roebuck's largest (56 lb. pull) magnet as a pendulum on a six-inch string, I let it gyrate close to the shingled leg, then backed directly away from him until it stopped, then stepped forward again and so on until the entire aura had been re-magnetized. The subject could feel every swing of the magnet, in the hand holding the carbon, even though I was at times six feet away from him. He was convinced he would have lost use of the leg

permanently had I not offered to experiment on him. The foot on that shingled leg was numb. He got immediate relief from the first experiment and has been making steady progress.

#### EVERYTHING ELECTRICAL HAS POLARITY

There is nothing in the Universe but electricity because everything can be reduced to electrons, protons and neutrons -- or negative, positive and neutral electricity. Now everything electrical must have polarity. The left side of the body should be negative, the right side positive (For right-handed people, RC) and neutral up the center; until we get to the eyebrows and from there up it should be positive.

I just tried carbon and magnet on goiter for the first time. I laid the carbon on the goiter and placed a magnet on the opposite side of the subject's neck. She immediately felt great reactions in the goiter.

Another experiment was made on a numb left leg. With my pendulum I traced the trouble to the subject's right temple. I placed the carbon rod under his left foot. At eight feet out from the subject's right temple, but in his aura and holding the swinging magnet, He could feel a throbbing in that left foot and the numbness left his leg!

In my own case I have been fighting off surgery on a fissure for 25 years. Now, with carbon and magnet, I am finally making progress.

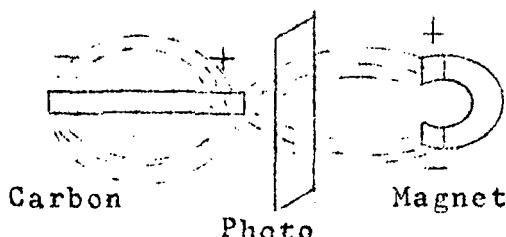
Everything that exists has polarity. With a pendulum test the ends of an ordinary pencil. I always find the writing end to be positive and the eraser end to be negative. Take any piece of wire. One end will be positive, the other negative. Now slowly go along the length of the wire. When a point is reached where the pendulum swings back and forth, instead of rotating clockwise or counter-clockwise, mark it and you will find it is the middle of the wire.

Take a row in the garden, ready for planting. One end was negative, the other positive. Then I planted corn in hills. Checking them later for polarity I found every other hill positive and the ones in between negative! The same is true of the carbon rod. Hold the rod in the middle and your hand will span the neutral point and be part in the negative end and part in the positive end. You will get some benefit by using it this way but I tested by putting the positive end against the trouble spot on the body and got twice the reaction as against holding the middle of the rod.

#### PSYCHO-KINETICS, ACTION-AT-A-DISTANCE

I have just made some interesting tests by radiating photos with carbon and magnet. It is the belief of some, including me, that one can direct magnetic or healing currents at the photo and the person pictured thereon will receive the benefit. Max Freedom Long would explain it that the Aka thread connects the person and his photo. I believe that. A doctor in India has treated over 600 people, all over the world, just through their photos sent to him. Here is a diagram of

the way I set up carbon rod and horseshoe magnet for exposing the subject of a photo to the magnetic current.



NERVE FORCE CHART

100%	95	90	85	80	75	70
65	60	55	50	45	40	35
30	25	20	15	10	5	

First I use the pendulum over the photo and with a pencil or other pointer in the other hand I touch the different figures in the above Nerve Force Chart until the pendulum shows resonance by changing direction.

Next, I place the photo of the person or subject against the positive end of the carbon rod. Now with the left on the magnet, about 12 inches away from the photo, and with right hand holding pendulum (it will be stationary) I slowly move the magnet toward the picture. At about eight to nine inches the pendulum will start to rotate and the closer to the photo the faster the pendulum will rotate. If I take my left hand off the magnet the pendulum stops, so I leave my hand there until the pendulum stops swinging of itself. This should be taken, I believe, as an indication that the absent treatment is complete.

Here is the response I got on the Nerve Force Chart when checking myself and six others, before and after using carbon and magnet for Viti

Before - No. 1 - 65, 2 - 40, 3 - 45, 4 - 45, 5 - 75, 6 - 45, 7 - 95  
After - No. 1 - 90, 2 - 70, 3 - 70, 4 - 90, 5 - 95, 6 - 80, 7 - 100 (me)

When the subject is present I use the pendulum over his hand and check the chart. Then I have him hold the carbon rod in one hand and the magnet in the other for five minutes. Then I check again. Always there has been an increase in nerve force.

In another experiment I took a radiesthetic or pendulum reading on a photo of a subject that registered only 40, then went to 70 after exposure to Vitic. I then turned the carbon rod around and held the negative end to the photo. The pendulum now went in the opposite direction and I left the magnet there until the pendulum stopped. A chart reading then indicated the subject's nerve force had gone down to 40 again. I turned the carbon rod around again and exposed the photo to the positive end. The nerve force reading was back up to 70.

After 24 hours I went through the same routine again with the same seven subjects and found these changes:

Before - No. 1 - 80, 2 - 55, 3 - 80, 4 - 80, 5 - 80, 6 - 55, 7 - 100  
After - No. 1 - 95, 2 - 90, 3 - 90, 4 - 95, 5 - 95, 6 - 90, 7 - 100

My experiments have shown that more power is received if the middle finger is held over the positive end of the carbon rod.